

What Helps Me Feel Safe

Thinking about safety, support and what works for me

Use this page to think about the people, places and actions that help you feel safer.

1 People I feel safe with

2 Places where I feel safer

3 Things that help when I start to feel unsafe or unsettled

4 Signs that I might need support

5 What I would like adults to do if I am struggling

6 Important contact or support details