

# Personal Safety Plan

Warning signs, calming actions, safe contacts and emergency steps.

**Use this plan before a crisis. Keep it somewhere accessible and share it with a trusted person when appropriate.**

1. My warning signs

2. Things I can do to feel calmer without contacting anyone

3. People and places that help distract or support me

4. Trusted people I can tell clearly that I am not safe

5. Professionals and services I can contact

6. Safe places I can go

7. Ways to reduce access to things that could harm me

8. What others can do to support me

## Emergency contacts

| Emergency service | Number |
|-------------------|--------|
| Rescue 1122       | 1122   |
| Police Emergency  | 15     |
| Edhi Ambulance    | 115    |
| Nearest hospital  | _____  |