

OTHER HELPFUL NUMBERS ARE..

Childline:

0800 1111

<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

Samaritans:

116 123 / [jo@samaritans.org](mailto:jo@samaritans.org)

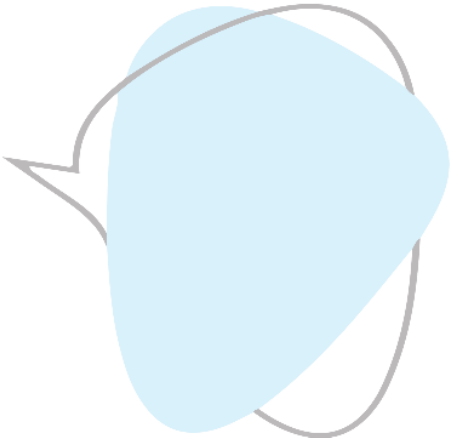
Hopeline:

08000 684241/[pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

If I'm struggling I will contact..

Someone that cares about me said...

MY FAVOURITE SAYING/LYRICS...



# SAFE

Things that make me feel happy:



What will keep me safe?



Where can I go to be with people?

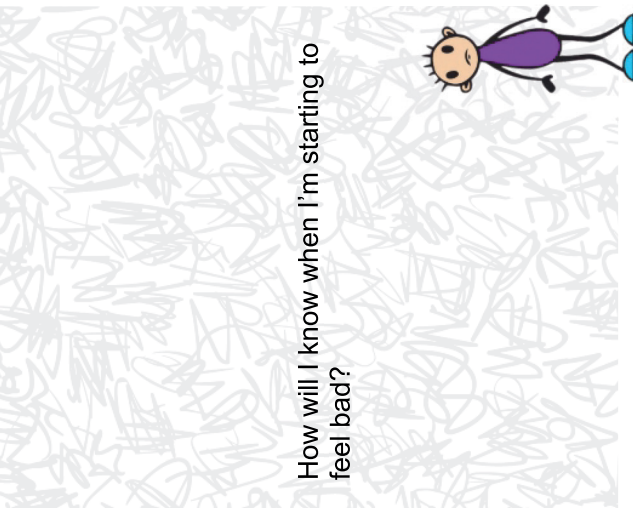
What do I need to help me to calm down?



Why do I want to be alive?



Things that lead to bad feelings:



How will I know when I'm starting to feel bad?

