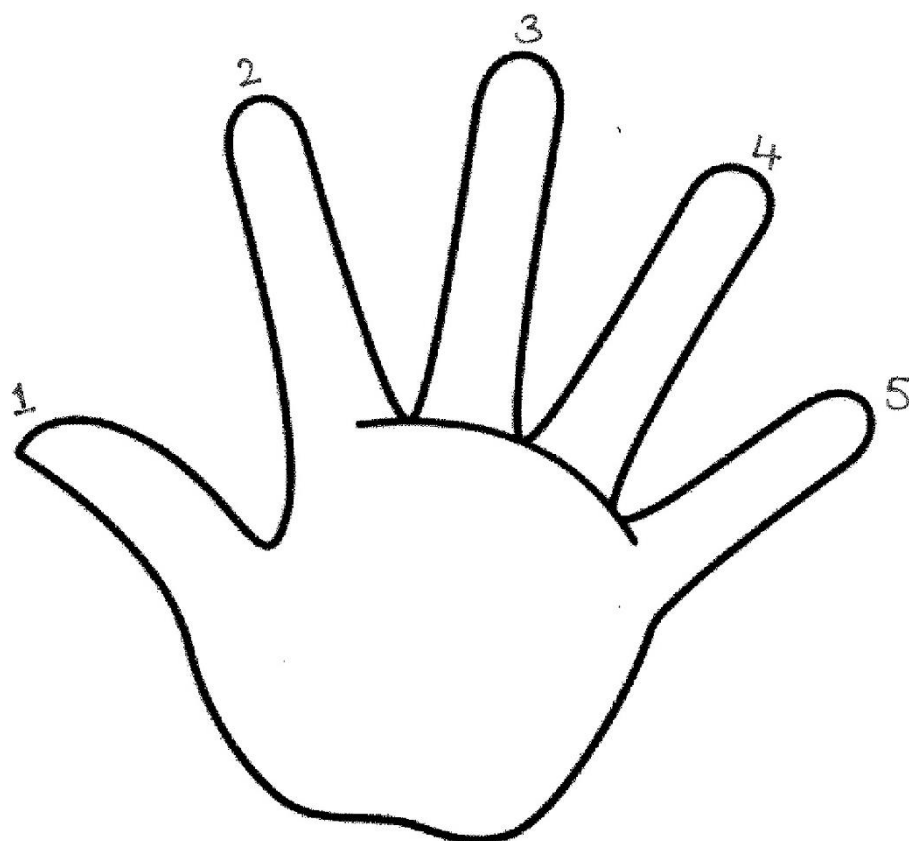


My Safety Plan

Feeling safe

I feel safe in these situations/places, and with these people...	I sometimes feel unsafe in these situations/ places, and with these people...

My 'Helping Hand'



If you feel unhappy, or unsafe, who or what helps you?

Can you identify 5 sources of support and comfort.