

SAFETY/WELLBEING PLAN

Name:

I can take the following steps to support my wellbeing and safety

My Early Warning Signs:

-
-
-
-

Triggers:

-
-
-
-

My Safety and Emotional Health:

To conserve my mental and emotional energy I can do some of the following:

-
-
-
-

My Response:

Safety measures I will use:

-
-
-
-

Important Telephone numbers: 24hrs 7 days a week

Acute Care Team: 1300 642 255

QLD Ambulance: 000

Beyond Blue: 1300 22 4636

Lifeline Service: 13 11 14

Family Members/Friend: