



Safety Plan

Triggers & Warning Signs	Self Care
Keeping Myself Safe	Strengths and Hopes



Safety Plan

Traffic Light System and actions that can be taken:

Note: This can be tailored to reflect what you feel is most appropriate for a YP's feelings and situation at that time and remember the plan is fluid and can be changed where circumstances change

	Thoughts (Ability to keep safe)	What could help?
RED		
AMBER		
GREEN		