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| MySafety Plan **Name:**  Preferred name:  DOB:  Pronouns:  **My background;** tell us about you  **Note:** take a photo of this for your phone so you can access anywhere.  Date completed:  Review date:  Completed by: | |  |  | | --- | --- | | Things I am concerned about | **Things others may be concerned about** | | Emotional & Mental Health | Emotional & Mental Health | | Physical Health | Physical Health | | Home, Financial & Legal | Home, Financial & Legal | | Physical Environment | Physical Environment | | Alcohol & Other Drugs | Alcohol & Other Drugs | | Family & Domestic Violence | Family & Domestic Violence | | **Aggression & Violence** | **Aggression & Violence** | | Other | Other | | Do you have a diagnosis and/or other information you would like to share?  Current Situation/ Summary of Concerns & Presenting Issues | |   **Risk management is a dedicated process to increase safety and develop a plan to reduce potential issues and improve outcomes.**   |  | | --- | | My Emotional & Mental Health (if relevant) | | Signs I am well; | | Signs I am becoming unwell; | | Signs I am unwell; | | Triggers you need to know about; |   **Risk management is a dedicated process to increase safety and develop a plan to reduce potential issues and improve outcomes.**  **Creating an Action Plan is so we can help safety plan, to avoid unsafe situations and so we know the best way to support you.**   |  | | --- | | My Action Plan | | Things I can do; | | Things others can do; | | Things you should never do; | | Other or comments;  **Escalation Points** (At what point should a welfare check/ ambulance/police be called?) | |

**Support**

Who are your informal and inform supports and if relevant, how do we contact them if we are worried?

**Consent**

Please let us know who would you like us to share this form with? (can highlight above)

**Some Helplines**

**Kids Helpline** Phone: 1800 55 1800 / Website: https://kidshelpline.com.au/

Free, confidential counselling service available any time of the day or night by phone or webchat.

**Beyond Blue** Phone:1300 22 4636 / Website: https://www.beyondblue.org.au/get-support/get-immediate-support

Call or chat online with a trained mental health professional any time of the day or night.

**Alcohol and Drug Support Line:** Phone: (08) 9442 5000 / Website: https://www.mhc.wa.gov.au/about-us/our-services/alcohol-and-drug-support-service/

The Alcohol and Drug Support Line is a 24/7 confidential, non-judgmental telephone counselling, information and referral service for anyone seeking help for their own or another person’s alcohol or drug use.

**Some web support & information**

**eheadspace:** Phone: 1800 650 890 / Website: https://headspace.org.au/eheadspace/

eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends. If you’re based in Australia and going through a tough time, eheadspace can help.

**Children of Parents with a Mental Illness (COPMI):** Website: http://www.copmi.net.au/kids-young-people

Having a parent with a mental illness can be tough. But COPMI have a lot of information and videos to help you get your head around it all.