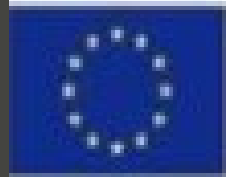


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HOW TO CREATE A SAFETY PLAN

MENTAL HEALTH SAFETY PLAN

TYPICAL CONTENT OF A MENTAL HEALTH SAFETY PLAN INCLUDES:

- **When the plan should be used**
- **Strategies to comfort the user when they are feeling vulnerable or at risk**
- **A list of reasons for living**
- **Contacts who the user can talk to easily and readily**
- **Contacts who the user can access for professional help**
- **Ways to make the users environment safe**

WHAT IS A SAFETY PLAN

A safety plan is a document or strategy that allows you to plan for avoiding dangerous situations. There are many types of safety plan and we are going to give you some main instructions on how to create them.

WHY IS A SAFETY PLAN NECESSARY

A safety identifies how to react when a dangerous situation occurs and can be used in several areas of life from domestic violence through to computer safety

EMERGENCY SITUATION PLAN

TYPICAL CONTENT OF AN EMERGENCY SAFETY PLAN INCLUDES:

- **an effective response to an emergency**
- **how to evacuate and all procedures associated with evacuation**
- **medical treatment**

COMPUTER SAFETY PLAN

TYPICAL CONTENT OF AN INTERNET SAFETY PLAN INCLUDES:

- **Online safety checklist**
- **Social media checklist**
- **Securing accounts and devices**
- **Virus software.**