

My Safety Plan

Steps to stay safe and supported

Immediate Safety

Safe places I can go: _____

People I can call in an emergency: _____

Emergency number (UK): 999

Trusted Contacts

Family/friends I can contact: _____

Support services (Women's Aid: 0808 2000 247, Refuge, Scottish helplines)

Safe Signals

Code word or signal I'll use with trusted people: _____

Where I'll keep spare keys / essentials: _____

Digital Safety

Apps/devices I should log out from: _____

Online accounts I should change passwords for: _____

Calm Corner / Coping Tools

Things that help me feel safe (blanket, music, warm drink): _____

Breathing / grounding exercises _____

Emergency Bag Checklist

ID, keys, money, medicines, phone charger, important papers

Affirmation

"I deserve to be safe. It's not my fault. I have a plan."

Crisis Helplines

UK National Domestic Abuse Helpline: 0808 2000 247

Scottish Women's Aid: 0800 027 1234

If you are in immediate danger, dial 999.