

Things that lead to bad feelings:

How will I know when I'm starting to feel bad?



Why do I want to be alive?

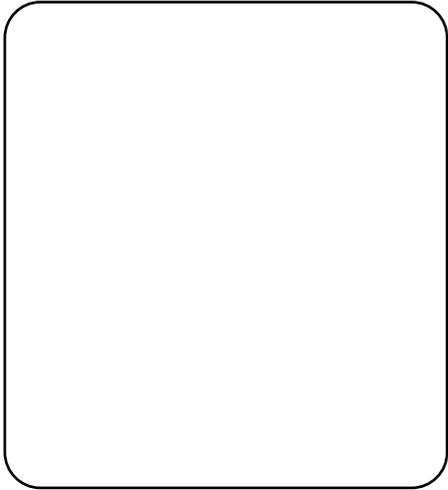
What will keep me safe?

Where can I go to be with people?

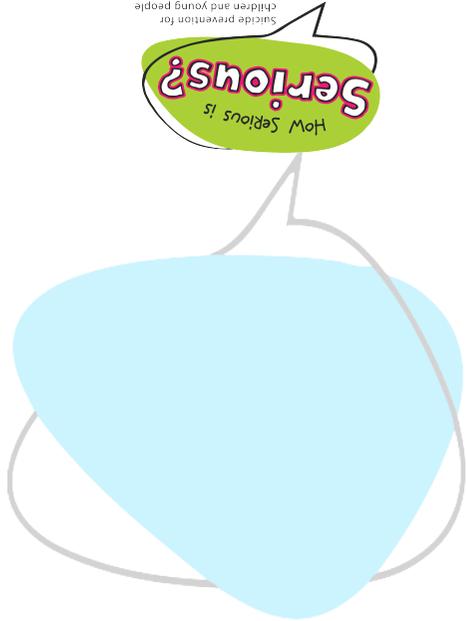
What do I need to help me to calm down?



Things that make me feel happy:



SAFE



My favourite saying/lyrics...

Someone that cares about me said...



If I'm struggling I will contact..

Other helpful numbers are..  
Childline: 0800 1111  
www.childline.org.uk/get-support/1-2-1-counsellor-chat  
Samaritans: 116 123  
jo@samaritans.org  
Hopeline: 0800 068 4141  
pat@papyrus-uk.org  
Kooth: www.kooth.com  
Crisis Care: Call 111 and select the mental health optio.

Suicide prevention for children and young people