

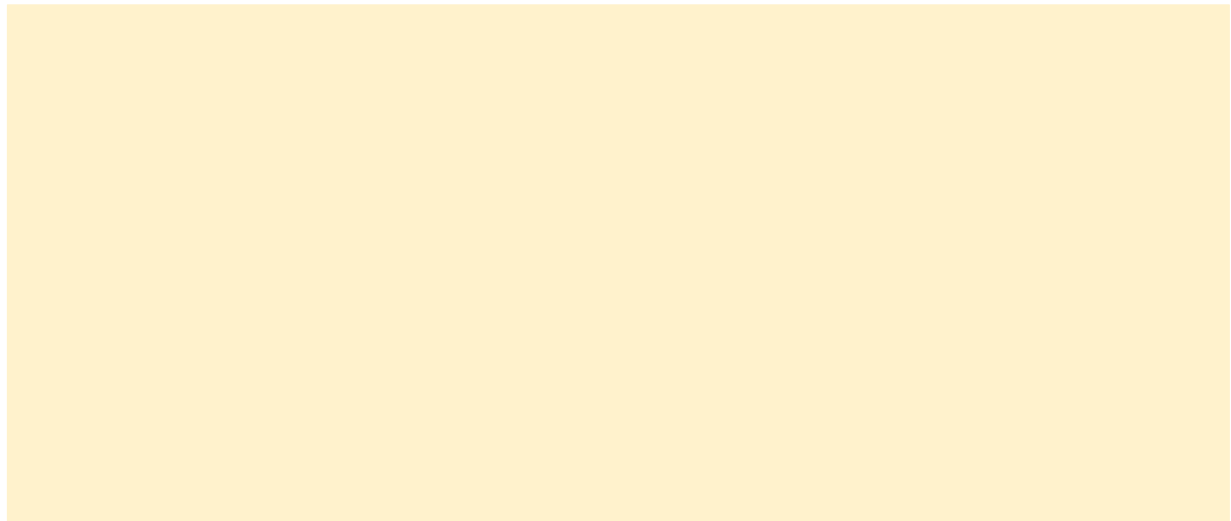
Stay safe plan:

What kind of 'red flags' or things make me feel 'bad'? What does 'bad' mean to me?

For example, bad might mean anxious or low in mood.

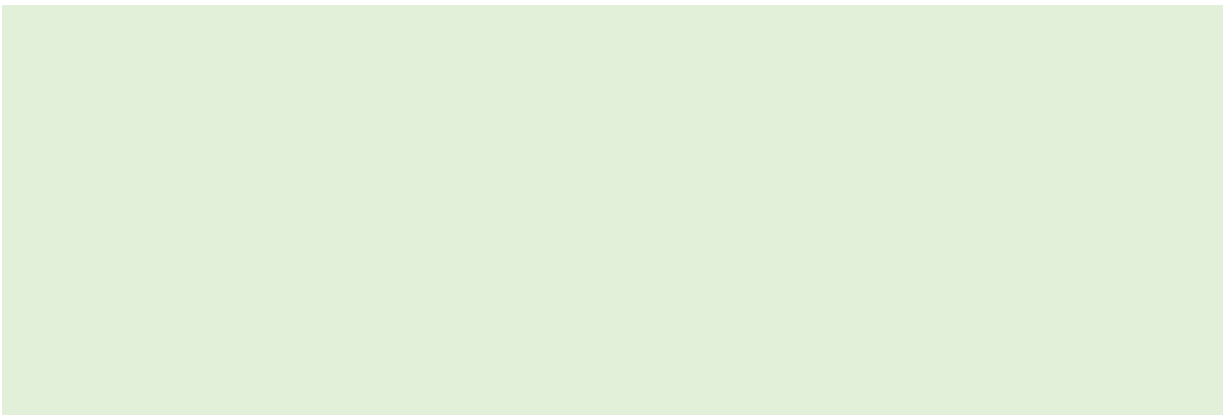
The 'red flags' might be:

- Increased responsibilities at home or at school
- Feeling low more often or more feelings of anxiety
- More negative or anxious thoughts
- Arguments with loved ones
- Major life changes (e.g., exams, friendship struggles, loss of relationships)
- Avoiding more activities

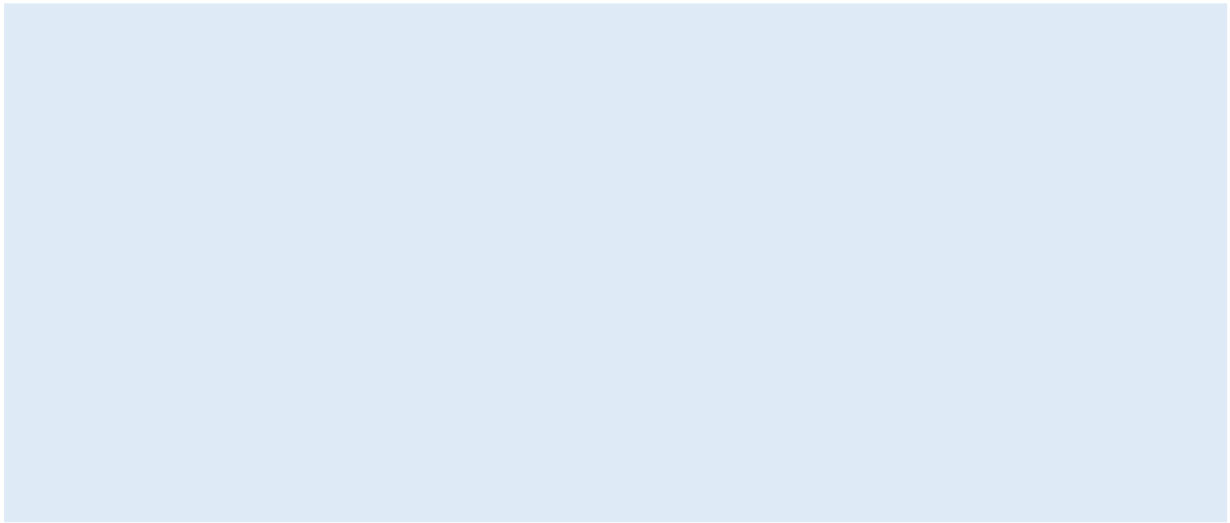


What are my physical warning signs that I can notice about my mood? For example:

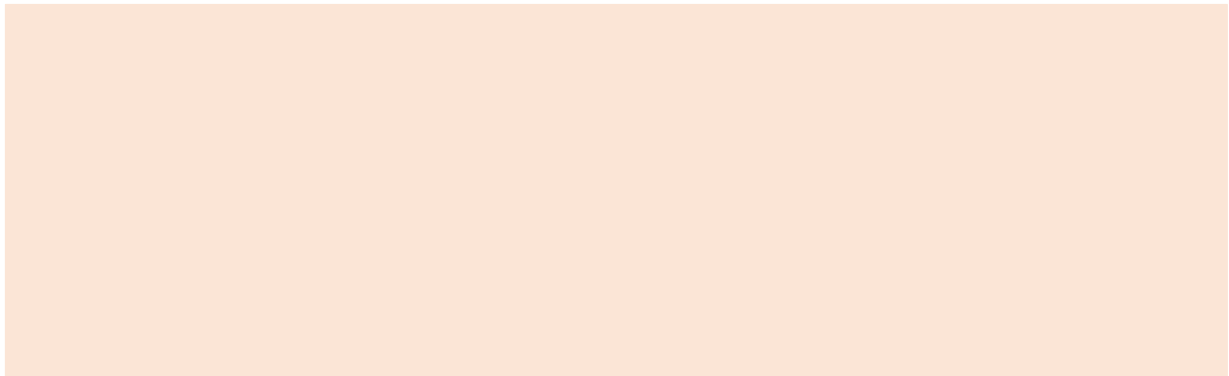
- Butterflies in stomach
- Headache
- Feeling heavy
- Losing appetite



What kind of things can I do to distract or cope?



Who can I talk to when I feel 'bad'?



If I am not able to talk to these people, I can contact the following:

- 1) Solar Crisis Team on 0121 301 2750
- 2) Birmingham mind on 0121 262 3555 (this service is open 24 hours, 7 days a week)
- 3) Childline on 0800 1111
- 4) I can also use the app KOOTH for wellbeing support
- 5) In an emergency, I can call 999 or visit A+E.