

# Safeguarding

Now we work through this plan together to help the person stay safe, so they have the chance to get the help they need. Keep the conversation flowing and keep it simple, one step at a time.

<b>Consideration</b>	<b>What needs to be done now for safety?</b>	<b>Who can help with this?</b> <i>(include 24-hour contact and GP)</i>
<b>Aloneness</b> Do they have support? How alone do they feel?		
<b>Pain / Desperation</b> Find ways to reduce emotional / physical pain.		
<b>Suicide Plan</b> How? When? How prepared are they? How to disable?		
<b>Prior Suicide Behaviour</b> What or who helped before? What have they learnt?		
<b>Alcohol / Drugs</b> How much is 'normal' for them? How much is safe?		
<b>Mental Health</b> What or who helps? What have they learnt?		

Is there anything else we haven't talked about that you need to help you stay safe now?

