



## My Care and Safety Plan

My Name:	Date of Meeting:
My Preferred Name:	NHS Number:
My Preferred Pronoun:	Date of Birth:

Thank you for meeting with us today. This is a summary of the plans that we have made together:



### What is important to me?



### What are the areas I need help with?





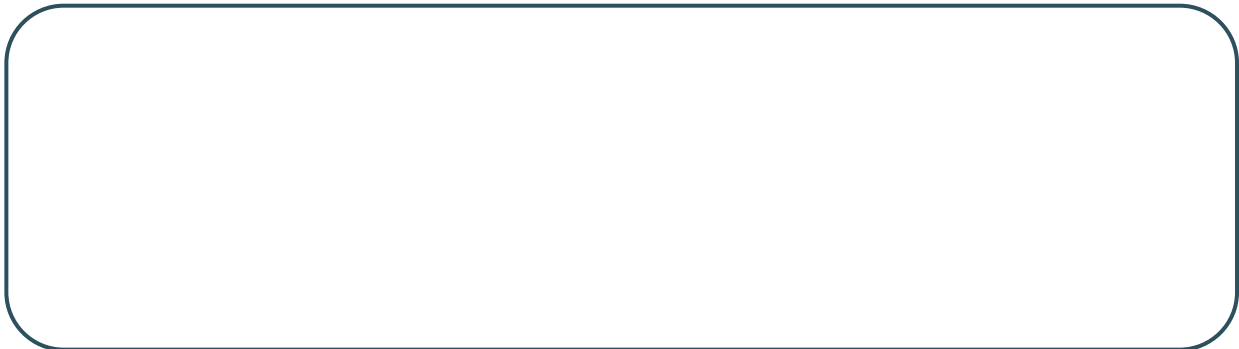
## My areas of need

- My mental health
- My physical health
- My daily life (employment, education, meaningful activities, finances)
- My relationships
- My housing and social needs
- My school/college
- My leave care plan
- My risk and safety/safeguarding
- My recovery from substance misuse
- Other

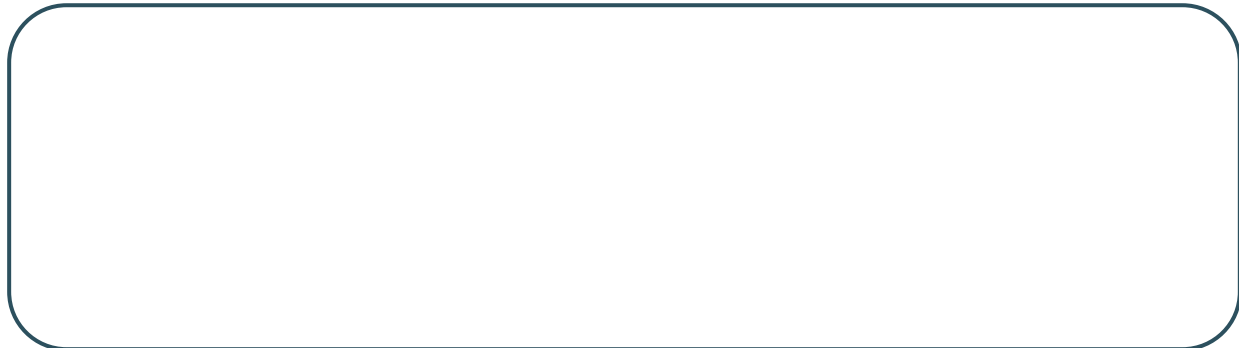
## My goals

Goal status:	Priority
Need details:	
Our goal:	
Main team supporting:	Other teams

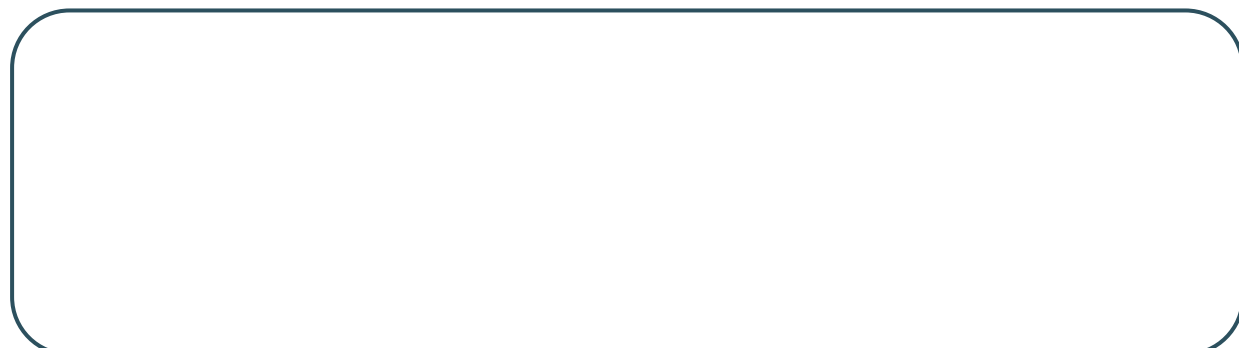
**I will:**



**My care team will:**




**My family/friend carers will:**





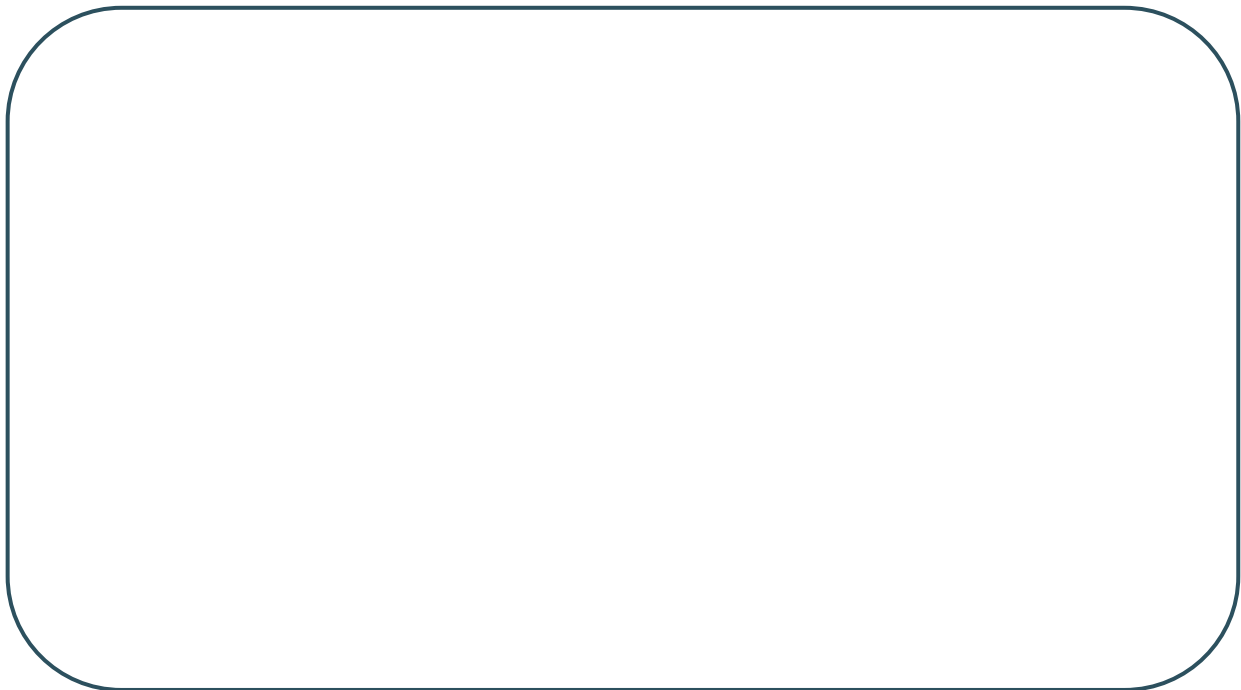


## My safety plan



This is what we will all do to keep you safe and others safe. Things that are useful to think about covering in your plan are:-

- Early warning signs / triggers and stressful events to watch out for.
  - Risks or behaviours that are part of my history and factors that may have led to this occurring.
  - What would be helpful for me to do when I notice these signs and situations or when I feel unsafe? (Think about actions/protective strategies at home / in education / work / with friends / in the community).
  - What things would be unhelpful for me to do when I notice these signs and situations or when I feel unsafe?
  - My strengths; Things that I am proud of. Things I enjoy doing. Strengths and resources I have to help me to keep well, or change risk behaviour and situations.
  - Following discussion my family and friend carers will support me to stay safe by doing these things.
  - Contact details my family and friend carers can use when worried.
  - Possible treatments / professional support to help with risk or triggers.
  - People that I can call when I feel unsafe or when my health is deteriorating.
  - Consider what information I would like / not like be shared with family and friend carers
- 
- 





**Contacts and apps that might support me:**

Empty rounded rectangular box for listing contacts and apps.

**My plan for moving between services:**

Empty rounded rectangular box for describing the plan for moving between services.

**People involved in the  
Care Plan (includes  
Family and Friend carers)**

**Name:**

**What they do:**

**Phone number:**

Large empty rounded rectangular box for listing people involved in the care plan.

