



Children & Young People's Mental Health 4304 7878
SUITE 1, LEVEL 2, 237 MANN ST, GOSFORD, 2250

SAFETY PLAN

USE THESE CONTACTS AND THE PLAN ON THE REVERSE TO
HELP WHEN IN DISTRESS

NAME: _____

CASE MANAGER: _____

USEFUL CONTACTS:

CENTRAL INTAKE 24/7 1800 011 511

CYPMH 8.30 – 5.00 4304 7878

KIDS HELPLINE 1800 55 1800

LIFELINE 13 11 14

GAY AND LESBIAN
COUNSELLING SERVICE 1800 18 4527

YCENTRAL WEBSITE www.ycentral.com.au

OTHER NAMES AND NUMBERS



WARNING SIGNS that indicate distress is increasing.

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WHAT CAN I DO? e.g.: go for a walk

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WHERE CAN I GO FOR HELP? e.g.: a friend's house.

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WHO CAN HELP? e.g.: a school counsellor.

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HOW CAN I MAKE MY SURROUNDINGS SAFE?

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