

PAPYRUS



# STAY SAFE PLAN



Preventing young suicide. Promoting hope.  
**HERE FOR LIFE.**

0300 102 2470  
**HopeLine<sup>24/7</sup>**



## WHAT DO I FIND HELPFUL? HOW DOES THIS MAKE ME FEEL?

What activity do you like to do? What is your favourite food?  
Who, or what, makes you laugh?



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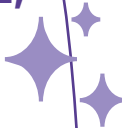
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## IF I CAN'T STAY SAFE, WHO WILL I TELL?

Who do you trust?  
Who is suitable to help you?



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## IF I NEED HELP, WHO CAN I TALK TO?

Can you talk to an adult, a friend,  
or a helpline?

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Call HOPELINE 24/7 0300 102 2470

Call CHILDLINE 0800 11 11

