

### Warning Signs

- 1.** Scared face
  
- 2.** Clenched fists
  
- 3.** Zoned out

### Coping Strategies (things we can do to step away and distract from the feelings or thoughts)

- 1.** Try a breathing exercise
  
- 2.** Hug a stuffed animal
  
- 3.** Talk to an adult

### People and places which are 'safe spaces'

- 1.** Mum
  
- 2.** Best friend helps cheer them up
  
- 3.** Teacher at school if feeling upset at school

### Professionals/services to contact during a crisis

- 1. Clinician/Service's name: GP  
Phone:  
Address:**
  
- 2. Clinical/Services' name: School nurse  
Phone:  
Address:**
  
- 3. Samaritans: 116 123**
  
- 4. Childline: 0800 1111**
  
- 5. Other:**

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2.

3.

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