

Keep Safe Card



Keep your 'Keep Safe' Card with you when you are out and about

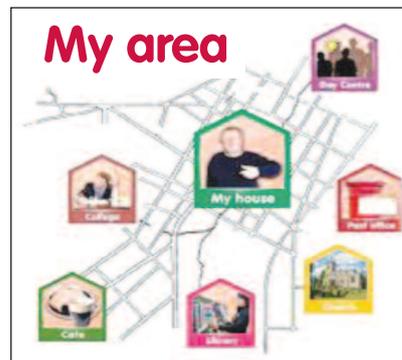
Use your 'Keep Safe' Card if you need to tell someone...



If you or someone you know has had an accident or is hurt



That you are scared or upset and don't know what to do



That you are lost



That someone has stolen or taken your things



That someone hurts or hits you, shouts, swears, and calls you names



If I need help, please call

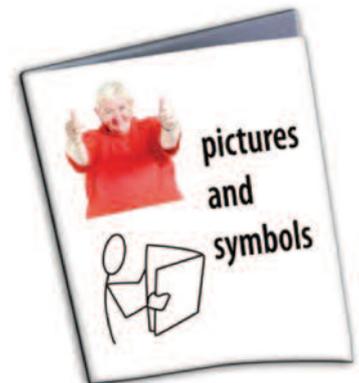
You can write names and telephone numbers on your card of people who help you feel safe. They can then support you if you need help.

Remember to always tell the person that you have put their name and telephone number on your card, so they know they might be called to help you.



I communicate by

This is where you can write down how you communicate. This might be which language you speak, that you communicate by using signs like makaton or that you use pictures.



Important things about my health

This is where you can write down about the tablets and medicines you take. You can also write down about any health needs you have, like diabetes or epilepsy, or perhaps you are allergic to nuts or something else.



How you can best support me?

This is where you can write down things that are important to you and may be important when you are worried or scared. This might be things that you do or don't like. You might not like the sound of motorbikes or coffee in a red cup. Or you might like to walk around when you are worried. Please write these things down.



If any of your information or personal details change please call the disability line to let them know and they will be able to send you a new card and a new form.