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अगर आप यह जानकारी अलग भाषा या स्वरूप में चाहते हैं तो कृपया संपर्क करें [communications@derbyshcft.nhs.uk](mailto:communications@derbyshcft.nhs.uk)

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# Mental health and learning disabilities

## How to stay safe

# Staying safe..

There are lots of ways of helping people to stay safe. They are different for everyone.

Here are some ideas:

Staff remind me how I can keep calm and out of danger



I can be with people who are important to me



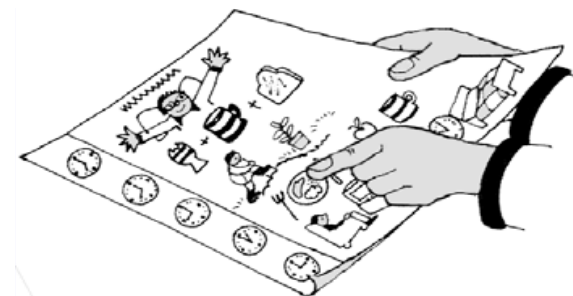
I can be in a quiet place when I want



Staff help me keep to my routine



Staff help me find my favourite things



Being loud - shouting somewhere I don't bother other people



Staff help me do something new



## If you still need help staying safe

If these ways of helping me to stay safe don't work, staff might have to stop me and other people being in danger

There are different things staff might do

Staff and I will agree the things they will do to stop me: see the next page.

First, here are some of the things staff might do:

- They might not tell me things
- They will tell me what my family will say
- They may lock the front door
- They may give me pills to calm me
- They may hold me



## What can help me to keep safe?

What can help me to keep safe?  
So no-one needs to stop me putting myself or other people in danger

Write in ways that staff can help you keep safe



## What if nothing works?

What if none of these ideas work?

What can staff do to stop me from getting myself or other people hurt?

Write in the things you think staff should do to stop you hurting yourself or other people