

# My safety plan

## Signals

### What signals does your body give you?

Such as quickening breath, pounding heart, sleepiness or tightened jaw.

## Scenarios

### What scenarios prompt these feelings and sensations?

Such as people, places, topics, times of day, scents or settings.

## Supports

### What or who can you go to at this moment to create safety?

What can you do? Your leader/team do? Your workplace do?

## Sharing

### Where and with whom are you comfortable sharing your plan?

Your supervisor or your team?  
On your desk?

## Alternative format

To receive this document in another format, email the Centre for Workforce Excellence, [cwe@dffh.vic.gov.au](mailto:cwe@dffh.vic.gov.au).

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