



# Your Keep Safe Card

## How to use your keep safe card

	<p>You need to write on the card.</p> <p>You can put names and telephone numbers of people who make you feel safe and support you when you need help.</p> <p><b>Ask for help to complete this card if you need it.</b></p>
	<p>Keep your card on you when you are out and about. You can keep it safe in your purse, wallet or bag.</p>

## Use your keep safe card to get help at a Safe Place when:

<p>You are lost and need help</p>	<p>You have been split up from your family, friends or carer</p>
<p>You are scared or upset and don't know what to do</p>	<p>Someone hurts or hits you, shouts, swears and calls you names</p>
<p>Someone has stolen or taken your things</p>	<p>You need a place to feel safe in.</p>

**Your keep safe card**

Open the card for contact details



Carry this Keep Safe Card with you at all times. You can use it to get help wherever you see the Safe Place sign.



## How to fill in your keep safe card

	<p>My name is.....</p> <p>You can put your name on this card. You can also put your photo on. It's up to you. It may help you if you can't tell someone your name. <b>You need to decide what is best for you.</b></p>
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## If I need help in an emergency

	<p>You can put names and telephone numbers of people who make you feel safe and support you when you need help. <b>Remember to always ask someone if you can put their name and telephone number on your card.</b></p>
	<p>I communicate by.....</p> <p>This is where you tell us if you use sign such as Makaton, British Sign Language, or whether you lip read or speak another language.</p>
	<p>I take medicine.....</p> <p>This is where you can write down the tablets and medicines that you take.</p>
	<p>I want you to know this about me.....</p> <p>This is where you can write down that you have a learning disability, a mental health difficulty or dementia. Or that you have an illness, condition or allergy.</p>

## Important numbers

	<p>You can also write other important numbers on the card such as your doctor, college, transport or what you do in the day. <b>Ring 999</b> when you need the police, fire service or an ambulance quickly.</p>
	<p>You can ring the <b>NHS on 111</b> if you feel unwell. They can talk to you over the phone and help you decide what to do next. They can also give you information about your health or where to get help in your area.</p>