

## LOOKING OUT FOR MYSELF



Whether you may be on home leave, visiting town, or be on a short walk, this tool is to help you to plan how to look after yourself during the times when you are on your own.

I feel vulnerable/unsafe when on my own in these situations:

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These are the signs that I am feeling vulnerable:

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I can do these things to keep myself safe:

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These things are not good for me to do:

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Other people can do these things to help me:

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**I would like a copy of this form to be placed  
on my health records and given back to me please**