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| **Support Plan** |
| **Coping strategies**  What strategies have you or could you use that might help keep you safe? |
| **One small step...**  What is one small step you could take that does not feel too big? |
| **Support network**  Who can support you in helping you to make sure this plan happens (friends/family/staff/others)? |
| **Review**  When?  How? |