

# Help us to Create Better Safety Plans



As part of a research study, we are inviting young people with lived experience to help us co-produce practical, meaningful safety planning resources.

## What is a Safety Plan?



A safety plan is a simple, step-by-step guide that helps someone cope during a crisis. It includes ways to manage feelings, who to contact for support, and how to stay safe.

## What is involved?



Stage 1: Completing a short survey on your experience with safety planning

Stage 2: You can choose to participate in an individual interview or a focus group to co-produce safety planning resources

## Who can take part?



Young people aged 15-25 who have experienced emotional dysregulation or crisis (such as feeling overwhelmed, out of control, or unsafe)

Scan this QR code to find out more information and complete the survey



If you have any questions, you can contact Ruth Melia, principal investigator:  
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