



MY

COLLEGE

SAFETY



**PLAN**



Rotherham
College

+

North Notts
College

+

Dearne Valley
College

Name:

DOB:

ID Number:

Course:

Date:

Staff member completing this:

**Current Concerns
(e.g. self-harm, suicidal thoughts):**

**What do I find difficult? How does this make me feel?
- Any triggers for these feelings?:**

**How can I keep myself safe right now?
- At home and at college:**

What do I find helpful? How does this make me feel?

If I need help, who will I tell? Who can I talk to?

If I can't stay safe, I will:

What matters to me right now, and what are my hopes for the future?

For out of hours support, please utilise the support below:

Samaritans: Call 116 123	Kooth: kooth.com	Harmless: 0115 880 0280	Papyrus: Call 0800 068 4141 Text 07860 039 967:
Shout: Text SHOUT to 85258	NHS Mental Health Crisis Nottinghamshire: 0808 196 2779	NHS Non-emergency Line: Call 111	Student Support Guide: 
Student Assistance Programme: 0800 028 3766 (24/7)	NHS Mental Health Crisis Rotherham: 0800 652 9571	Police Non-emergency Line: Call 101	

I understand that this document will be uploaded to CPOM's and that it is my responsibility to request any changes to the plan:

Signed (Learner):

Name (Print):

Date:

Privacy and Data Protection Accountability Statement

Responsible Body: RNN Group

Purpose: To ensure that appropriate support can be provided

Lawful Basis: Legitimate interest

Recipients: Data will not be transferred to third parties except where a legal obligation exists or that it is required for the Group to perform its duties

Rights: Access, rectification and objection

Additional Information: More information in regards to the RNN Group's accountability and transparency framework can be found at www.rnngroup.ac.uk/IG

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