



The Keep Safe Card

This leaflet shows you how to complete your **Keep Safe Card**.

It can be used if you are lost, worried or need help.
You can show it to the Police or anywhere that a **Keep Safe** sign is displayed.



Keep Safe

 My name is
.....

 Things you need to know
about me and my health
.....
.....
.....
.....
.....
.....
.....

 How I communicate
.....
.....
.....

 Any other details
.....
.....

← Make sure you write your full name in this section.

← In this section you should write any health information that people may need to know, which would help them to support you.

← Write anything that you think will help people listen to you or understand what you want to say.



POLICE
SCOTLAND



The Keep Safe Card

People who can help me



Name.....



Number.....



Name.....



Number.....



Name.....



Number.....

In a non emergency call
the police on  101



In an emergency call
the police on  999



Police Scotland

www.scotland.police.uk



I Am Me

www.iammescotland.co.uk



← In this section you should write the names and numbers of the people who would be able to help you **Keep Safe**. These people could be:

- A family member or friend
- A carer or supporter
- Someone who knows you well

The two numbers in here are **101** for non emergencies and

← **999** for emergencies.

This section has the website addresses for Police Scotland and I Am Me, where you can get more information on

← **Keep Safe** and Hate Crime.

If you would like a replacement card go to

www.iammescotland.co.uk

