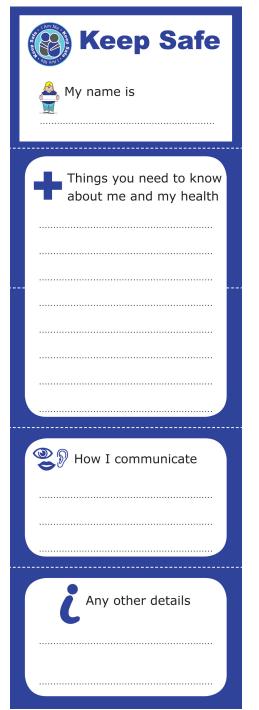


The Keep Safe Card

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.



 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.







The Keep Safe Card

People who can help me
Name Number
Name Number
Name
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 POLICE SCOTLAND

- 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



