



**PREPARE ME**  
AS I AM .IE  
**for**  
**Public Transport**

# MY TRAVEL SAFELY PLAN

# My Travel Safety Plan

1







My signs of stress are:

2

My effective coping strategies are:







3

People I can reach out to for help:

	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>

4

People I can reach out to that will distract me:

	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>

5

Things I can do to make my environment safer. Please list:

6

**In the event of a crisis:**

Call My Emergency Contact #1:

Call My Emergency Contact #2:

**REMEMBER:  
HELP IS  
ALWAYS  
AVAILABLE.**