



# The Stay Safe Card

## How to use

This guidance shows you how to fill in your Stay Safe card.

The Stay Safe card can be used if you are lost, worried or need help.  
You can show it to someone if you need help.

**Stay Safe!**

My name is  
.....

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

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

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The Suffolk Stay Safe card has been developed by Young Voices Parliament in Partnership with Suffolk County Council and Suffolk Constabulary.  
This card is based on the Cambridgeshire Stay Safe card produced by VoiceAbility.  
If you are concerned a vulnerable person is experiencing abuse, neglect or hatecrime, please contact the Police on 01473 613500 or Customer First on 0808 800 4005.  
If the person is in immediate danger, dial 999.

← Write your full name here

← Write any health information here so people know what support you need

← Write here how you communicate

← Here is some information about the card