

# Keep safe card

Derbyshire Learning Disability  
Partnership Board



For more information ring **Call Derbyshire** on 08456 058 058

## How to use your keep safe card



You need to write on the card.

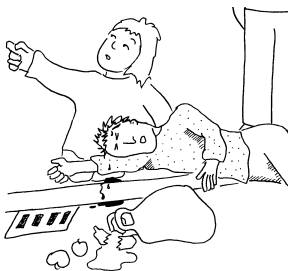
You can put names and telephone numbers of people who make you feel safe and support you when you need help.

You may need help to fill out this card.



Keep your card on you when you are out and about, like in your purse, wallet or bag.

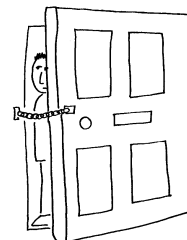
## Use your keep safe card if you need to tell someone that



- there has been an accident or someone is hurt



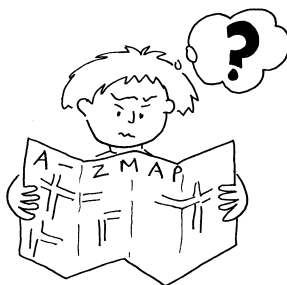
- someone has stolen or taken your things



- someone tries to come into your house and you don't want them to



- someone hurts or hits you, shouts, swears and calls you names



- you are lost and need help



- you are scared or upset and don't know what to do



**Leicestershire Valuing People Team made this easy to understand by using pictures from CHANGE Picture Banks**

## How to fill in your keep safe card



My name is \_\_\_\_\_

You can put your name on this card. You can also put your photo on this card. It is up to you. It may help you if you can't tell someone your name.

**You need to decide what is best for you.**

## If I need help in an emergency



You can put names and telephone numbers of people who make you feel safe and support you when you need help.

**Remember to always ask someone if you can put their name and telephone number on your card.**



**I communicate by** \_\_\_\_\_

This is where you can put if you use sign like makaton, a talker or speak another language.



**I take medicine** \_\_\_\_\_

This is where you can write down the tablets and medicines that you take



**I want you to know this about me** \_\_\_\_\_

This is where you can write down stuff like you have a learning disability or epilepsy, that you are diabetic, are allergic to nuts or have a bad heart.

## Important numbers



You can also put down other important numbers of your college, your doctors, transport, or what you do in the day.

Ring 999 when you need police, the fire service or ambulance quickly.

You can ring **NHS Direct** on 0845 4647 if you feel unwell. They can talk to you over the phone and help you decide what to do next.

**NHS**  
**Direct**

• [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)  
• Digital TV  
• Telephone 0845 4647  
Available 24 hours

They can also give you information about your health, like about your tablets or where you can get help in your area.