

PRINT IT. KEEP IT HANDY. MAKE A FAMILY PLAN.

1 FIRST: BE SAFE

Immediate needs first.



Check danger

Is emergency help needed?



Find a safe place

Move away from threats.



Contact someone

Ask a trusted person to help.



Meet basic needs

Water, food, medicine, shelter.

2 NEXT: GET ORGANISED

Reduce confusion.



Write key facts

What happened and what is urgent?



Save contacts

Emergency and support numbers.



Gather essentials

ID, medicines and chargers.



Consider dependants

Children, pets and care needs.

3 THEN: ASK FOR HELP

Use the right services.



Medical help

For injuries or health concerns.



Official services

Housing, benefits or crisis support.



Keep records

Dates, documents and reference numbers.



Bring support

A trusted person can accompany you.

4 BEFORE TOMORROW

Plan one safe next step.



Choose priorities

What truly cannot wait?



Book a call

Make one important contact.



Rest if possible

Stress affects decisions.



Review the plan

You can change it tomorrow.

MY FAMILY PLAN:

Local alert source: _____ Emergency contact: _____

THE NEXT 24 HOURS — SAFETY NOTES

Keep this page with your visual quick-glance guide.

1 IMPORTANT NOTE 1

This is a general crisis organisation guide. Different emergencies need different specialist help; local official guidance takes priority.

2 IMPORTANT NOTE 2

If there is immediate danger, a medical emergency, or a risk of self-harm, contact emergency services or crisis support now.

3 IMPORTANT NOTE 3

Avoid signing major agreements, sending money or sharing private information under pressure without checking trusted advice, when it is safe to wait.

4 IMPORTANT NOTE 4

After immediate needs are met, write a short plan for the next day. A small safe action is better than trying to solve everything immediately.

MAKE IT PRACTICAL

Write your own local emergency number, contact details and relevant official alert service on page 1. Review the guide with your household.

OFFICIAL REFERENCE POINTS (check local rules):

ready.gov/plan

who.int/health-topics/mental-health

findahelpline.com