C&S

CALM & STEADY

SUPPORT CONTACT PLAN

Pause. Protect. Reach out. Reset.

Decide who you will contact before the risky moment arrives.

This sheet helps you build a small safety circle. Use appropriate specialist, professional, crisis, financial or debt support where needed.

MY FIRST SAFE PERSON

- Name:
- Phone / message:
- Best time to contact:
- What I will say:

MY SECOND SAFE PERSON

- Name:
- Phone / message:
- Best time to contact:
- What I will say:

PROFESSIONAL OR SPECIALIST SUPPORT

- Gambling support service:
- Debt or money advice service:
- GP / mental health support:
- Emergency or crisis support if I feel unsafe:

Calm & Steady is self-guided educational support. It is not therapy, clinical treatment, crisis support, financial advice or debt advice. If you feel unsafe or at immediate risk, contact emergency or crisis support in your area.

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MY WARNING SIGNS

- I start hiding money, messages or losses.
- I think gambling is the only way to fix money pressure.
- I want to borrow, deposit again or chase.
- I avoid telling anyone what has happened.
- My sleep, work, mood or relationships are affected.

MY SAFEST NEXT STEP

When warning signs appear, my first action will be:

_____

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