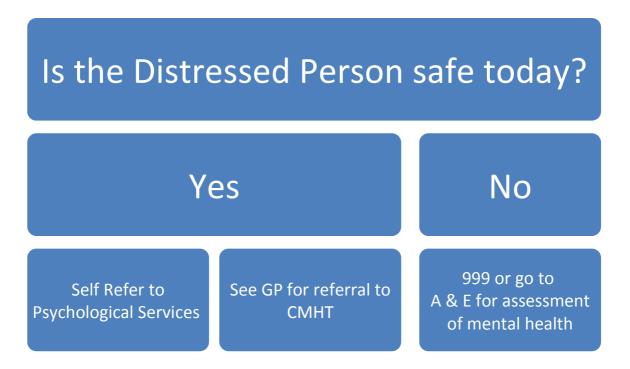
## If you notice signs of distress in a person what should you do next?



Not sure if the person is safe, do not be afraid to ask.

"Often people who say things like you have just said have a plan to end their life or hurt themselves in some way. Do you have a plan like that?"

If your GP has a Prestwich Address

If you GP has a Salford
Addess

Complete the self referral form ont he internet or see your GP

Call 0161-212-4981 and ask for referral to Jewish Com munity Project saying whether you want a Jewish or Non Jewish worker Already in Services with the NHS?

What does your safety plan say?

Who is your key worker?

Contact Duty Officer?