

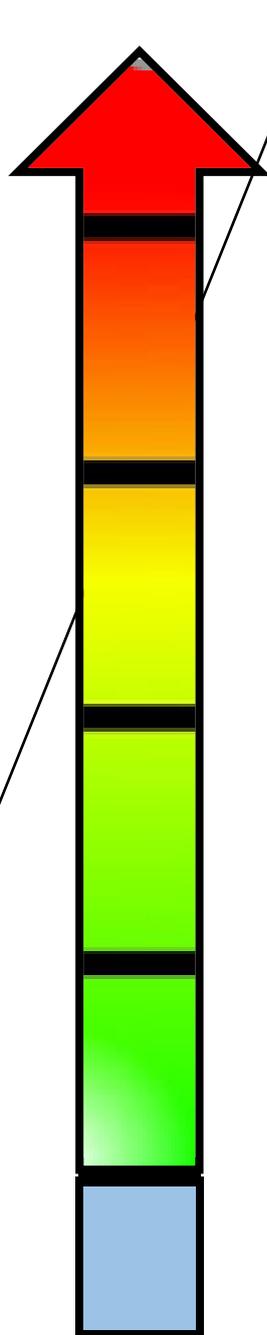
SELF-REFERRAL TRIANGLE

If you feel that you want to hurt yourself or someone else – this is an emergency situation call 999.

Stay with the someone (if it is safe for you to do so) until emergency services arrive and ask them to inform senior members of staff from practice or your university urgently.

If someone you know is attempting to hurt themselves or someone else – this is an emergency situation call 999.

Stay with the person (if it is safe for you to do so) until emergency services arrive and inform senior members of staff from practice or your university urgently.



If you are using alcohol or drugs to manage your feelings, if you are hearing or seeing things that other people don't or are feeling that you can't cope please contact your GP as you may need specialist mental health support - **go to section 3**

Let your programme leader / personal tutor know and the line manager from your practice area.

If you've experienced mental distress before and are concerned your symptoms are back or worsening please contact your GP or services from - **go to section 2.**

Let your programme leader / personal tutor know and the line manager from your practice area.

If you are having trouble concentrating, sleeping, if your mood is worsening or your appetite has changed. If you are having feelings of anxiety, stress, or sadness that don't go away - **go to section 2**

Seek support from friends and family. Let your personal tutor and your practice supervisor know.

If you are worried, lonely or overwhelmed please talk to someone - **go to section 1. Seek support from friends and family. Let your personal tutor and your practice supervisor know.**

if you're not sure how to stay safe in practice or have practical problems in your placement- **go to section 1 Let your personal tutor and your practice supervisor know.**