A purple and black logo

AI-generated content may be incorrect.O meu Plano de Segurança

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|  |  | |  | | --- | | Ultrapassar o momento presente | |  | |

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|  |  | |  | | --- | | Tornar a sua situação mais segura | |  | |  | |

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|  |  | |  | | --- | | O que fazer para melhorar ou acalmar o seu estado de espírito | |  | |

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|  |  | |  |  | | --- | --- | | Pessoas que o(a) podem ajudar |  | |  |  | |

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|  |  | |  |  |  |  | | --- | --- | --- | --- | | Ajuda profissional de emergência |  | | | |  | |  | |

Organizações que pode contactar se estiver transtornado(a) ou a pensar em automutilação ou suicídio

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|  |  | |  | | --- | | O que fazer para se distrair | |  | |