

# 6 | Safety

There is support in place to help everyone feel emotionally safe

Ensuring that formal and informal support is in place to manage everyone's anxieties and stressors means that each person can operate at their best. It is important that support, advice, and comfort are available to everybody and people can ask for support if they need it. Being able to be vulnerable, and supporting others who are vulnerable, builds relationships and helps people to process difficult thoughts and feelings safely.

