

# EMERGENCY BOX



Photos of important places

Book to read



Transitional objects (e.g. pebble)



Smells (e.g. perfume, mint)



Favourite film



List of phone contacts and script

Cards/letters/words of encouragement



Reasons for living list



Cards of activities (e.g. go for coffee)



Menu/recipe idea



Something soft/warm to hold (e.g. blanket, hot water bottle)



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