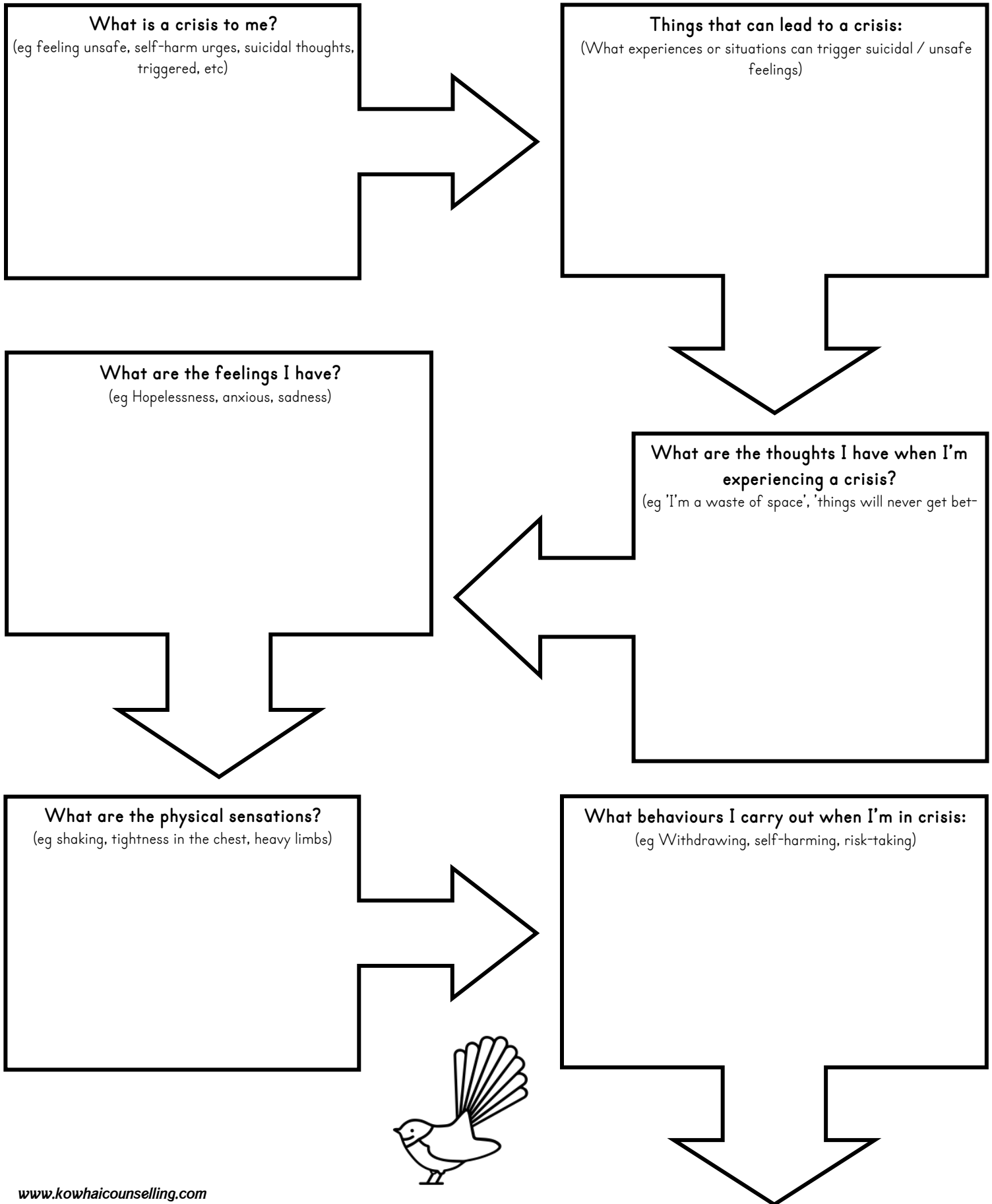


Crisis Plan

Having a crisis plan can be helpful in times of difficulty. Keep this in a safe, and obvious, place to refer to when you need it.

You may also like to share it with people who support and love you, or who you might call on in a crisis.



What can help me when I'm like this?
(eg phoning a helpline or friend, watching cat videos, breathing exercises, etc)

How can others help me when I'm in crisis?
(eg Sit with me, reassure me you don't hate me, take me for a drive)

If I'm still struggling, this is my plan to get more support:

First, I will...

Then I will....



What DOES NOT help, or make things worse?
(eg Being alone, Staying in the house, Going on social media, etc)

Positive thoughts to remember during tough times:
(eg I have overcome similar struggles before, People care about me, This too shall pass, etc)