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| What can I do to get through right now? |
| *De-escalation, calming or soothing techniques; a safe place to go to ….* |
| How can I make my situation safer? |
| *Eliminating or reducing means; staying connected with others ….* |
| Things I can do to help me stay calmer/lift my mood: |
| *Calming activities; distraction techniques; self-care; 5 ways to wellbeing ….* |
| Who can support me (consider both personal and professional): |
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| My warning signs and triggers are: |
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| I would like others to help me by: |
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| Crisis/emergency contact details: |
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| Online resources that can help me through crisis: |
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