|  |
| --- |
| 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): |
|  |

|  |
| --- |
| My warning signs and triggers are: |
|  |
| I would like others to help me by: |
|  |
| Crisis/emergency contact details: |
|  |
| Online resources that can help me through crisis: |
|  |