

My Safety / Support Plan

A safety/support plan is a document to help both the first aider and the client to be more aware, more able to proactively manage, and more able to respond to mental health challenges and stressors in the field. It is written from the client's perspective ("I"). Questions may be modified to best suit the client and the context. Both the first aider and the client should keep a copy of the plan and refer to it.

This is a plan for (name):

Date:

First aider / supporter name:

Some of the **difficult feelings or experiences** I have include:

→ Optional: where do these feelings show up in my **body**?:

→ **Warning signs / scenarios** (e.g. when and where am I likely to experience difficult feelings?):

Healthy **coping strategies** (activities / interventions I can do to help the feelings to pass):

SMART (*Specific, Measureable, Agreed-Upon, Realistic, Time*) goal, baby steps, or other problem-solving idea:

Are there any **cognitive distortions** or **negative thought spirals** (e.g. catastrophizing, assuming, emotional reasoning) I have identified?

→ "Reframes", evidence, or healthy alternative thoughts I can remind myself of to challenge them:

Specific ways I will practice good **self-care**
(e.g. exercise, nutrition, sleep, water, boundaries, etc):

People here in the field I can talk to:

→ Optional: **how to get their attention** (e.g. a code phrase):

Professionals / agencies / other supports (when I go home or in the medium to long term):

→ 24/7 mental health / crisis chat line:

→ Local therapist or counselling agency:

→ Other (e.g. positive family / social / community / spiritual / cultural / recreational connections – *connection is the correction!*):

Awareness

Regulation

Problem-solving

Self-Care

Resources

