

# Field Support Plan

A field support plan is a document to help both a mental health first aider and a 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 client and the person supporting, if any, should keep a copy of the plan and refer to it.

This is a plan for (name):

Date:

Supporter name if any:

Awareness

Some of the **difficult feelings** associated with my stress response include:

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

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

→ **When I feel this way, my tendency is to:**

Healthy Responses

## Lizard Brain Interventions

Healthy emotional regulation strategies

e.g. *breathing, movement, mindfulness, distraction, tapping, cultural, etc?*

## Wizard Brain Interventions

Healthy rational strategies: Are there any **negative thought spirals** or **cognitive distortions**? If so, what can I remind myself of (healthy alternative thought 🧙)?

**Other problem-solving strategy:** *Babystep ladder? SMART goal? Other?*

Self-Care

Specific ways I will practice **good self-care**

(e.g. nutrition, hydration, exercise/movement, sleep, boundaries, screens/media, prayer, meditation, other practices?):

People here in the field I can talk to:

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

Resources

**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!*):

