

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"). 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?):

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

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

→ Realistic, **healthy alternative thoughts** I can remind myself of:

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

Resources / 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):

→ Local Mental Health / crisis chat line:

→ Local counselling agency:

→ Other (e.g. social / community connections):