

Safety / Support Plan

A 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:

Awareness

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

Responses

Lizard Brain Interventions

Healthy emotional strategies: **cope, regulate the nervous system**

e.g. *breathing, exercise, directed sensory attention, mindfulness, cognitive distraction, tapping, prayer, smudge, rhythmic/repetitive/relational activities?*

Wizard Brain Interventions

Healthy rational strategies

Are there any **negative thought spirals** or **cognitive distortions** I get stuck in that are not helpful to me? If so, what can I remind myself of (evidence, logic, healthy alternative thought 🧙)?

Other problem-solving strategy: *Baby step ladder? SMART goal? Other?*

Self-Care

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

(e.g. nutrition, hydration, movement, sleep, boundaries; other personal, spiritual or physical practices):

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):

→ 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!*):

