



EARLY WARNING SIGNS/TRIGGERS

(what you notice first – what you feel, what happens to your body, what you think)



POSITIVE WAYS TO MANAGE

(things you can do to feel better – for example: talk to a mate, go for a walk)



CHALLENGING SITUATIONS

(thoughts/feelings/people/places/events that might lead to challenges)



MOTIVATION AND GOALS FOR CHANGE

(goals you have for the future, who you want to be there, where you will be)



SUPPORT PEOPLE AND EMERGENCY CONTACTS

(people you can share your plan with and you can go to when you want help)
