

Crisis Plan:

Emergency Contact:

Crisis Hotline: Te Whāriki Manawāhine
o Hauraki (07)868-3132

Emergency Services: 1-1-1

Warning Signs:

Thoughts, feelings, and behaviours that indicate risk of burnout, overwhelm, distress and/or self harm.

Coping Strategies:

Effective coping strategies can help you lift your mood, process your feelings, or calm down. Keep in mind these strategies must be accessible in the moment.

Distraction Strategies:

Consider who you can reach out to or what you can do to shift your focus away from distress.

People Who Can Help:

When you need to talk about the issue with someone, who can support you?

How to Create a Safe Environment:

What preventative measures can you take to support your safety and wellbeing?

Template SAFETY PLAN

