

Personal Support Plan and Helpful Contacts

A simple plan for writing down warning signs, calming strategies and people or services you can contact when you need support.

My early warning signs

- Changes in sleep, appetite, concentration or motivation.
- Feeling unusually withdrawn, tense, angry, tearful or overwhelmed.
- Avoiding people, tasks or conversations more than usual.
- Using habits or behaviours that usually make things worse.

My support plan

Things that usually help me feel calmer:

People I trust and can contact:

Professional supports or services I can contact:

Places I can go where I feel safer or less alone:

If I am in immediate danger, I will:

Australian crisis and emergency contacts

- Emergency: call 000 if there is immediate danger.
- Lifeline Australia: 13 11 14.
- Kids Helpline: 1800 55 1800.

- Suicide Call Back Service: 1300 659 467.

Important: These worksheets are for general education and self-reflection only. They do not replace advice from a qualified health professional. If you are in immediate danger call 000. For crisis support in Australia, contact Lifeline on 13 11 14.