









My Keeping Safe Plan

At times life can feel overwhelming. It is common to feel helpless or hopeless at these times. It is important to remember that these thoughts, feelings & moments *will pass*. It can be helpful to think about what helps us to cope & to get through these overwhelming moments. **Use the plan below to list your personal triggers & early warning signs as well as the coping strategies & support you can use at these times:**



<p>MY TRIGGERS What are my personal triggers, events, situations, people, places or scenarios that can trigger feelings of overwhelm & activate a crisis?</p> 	
<p>MY EARLY WARNING SIGNS What are the thoughts, feelings & physical sensations I might experience that are a sign that I am feeling overwhelmed or in a crisis?</p> 	
<p>MY COPING STRATEGIES What tools, techniques & strategies can I use to self-soothe difficult thoughts & feelings?</p> 	
<p>CONNECTION WITH OTHERS & PLACES Who can I spend time with? How can I connect with others?</p> 	
<p>REACHING OUT Who can I reach out to & how?</p> 	
<p>PROFESSIONAL HELP What professional support can I access?</p> 	
<p>MAKING THE ENVIRONMENT SAFE What can I do to make sure my space is safe e.g. reducing access to medication or not travelling to risky places</p> 