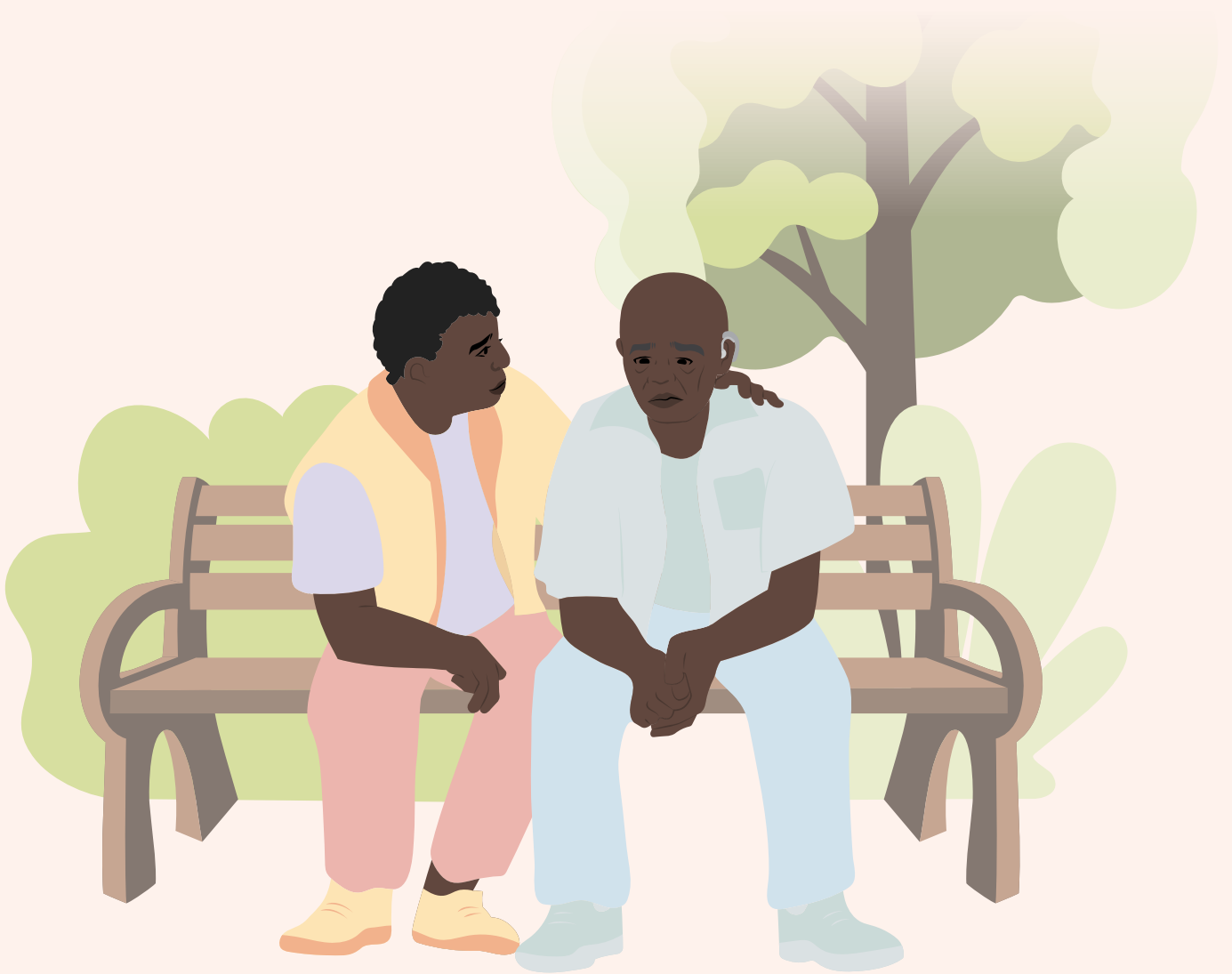


Creating a Support Plan



Support
After Suicide



switchboard

Creating a Support Plan

Having a support plan can be about recognising the things we can do in moments when we might be feeling distressed and overwhelmed.

It can be helpful to write down things we can do so we have some ideas ready if we're feeling distressed. For more suggestions, see the SASH Managing Bereavement page.

Building your own support plan is a combination of:

- ➔ identifying the things you are doing to support and manage your wellbeing
- ➔ drawing on your strengths for taking care of yourself
- ➔ considering what additional support you can receive from others

You might like to ask yourself the following questions:

- ➔ what are some of the signs I see within myself that show me I am becoming overwhelmed?
- ➔ what has made me feel supported in the past?
- ➔ who is someone I could talk to if I were feeling overwhelmed?
- ➔ how can I make my environment feel safer?
- ➔ what are some services or helplines I may consider reaching out to for support?

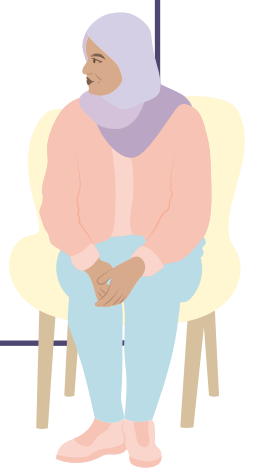
What are some of the signs I see within myself that show me I am becoming overwhelmed?

A large, empty rounded rectangular box with a dark blue border, intended for writing answers to the question above.



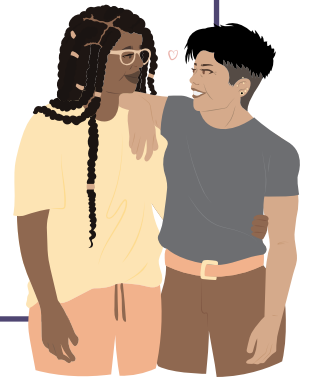
What has made me feel supported in the past?

A large, empty rounded rectangular box with a dark blue border, intended for writing answers to the question above.



Who is someone I could talk to if I were feeling overwhelmed?

A large, empty rounded rectangular box with a dark blue border, intended for writing an answer to the question above.



How can I make my environment feel safer?

A large, empty rounded rectangular box with a dark blue border, intended for writing an answer to the question above.



What are some services or helplines I may consider reaching out to for support?



www.sash.org.au | [www.qlife.org.au](http://www qlife.org.au) | www.charlee.org.au