



MY PERSONAL CRISIS AND COPING PLAN

When I am coping this is what life looks like for me:

*How do you normally act and behave when you are well?
What would others say or notice about you when you are coping?*

My goals, dreams and hopes:

Having short, medium and long term goals are important; they keep us motivated to keep going and give us things to look forward to.

The following are signs that I am struggling to cope:

*What changes do you notice in how you think, feel, behave when you are feeling overwhelmed or are struggling to cope?
What would others say or notice about you when you are struggling to cope?*

The following are signs I am not coping/ am in crisis:

*What changes do you notice in how you think, feel, behave when you are not coping or are in crisis?
What would others say or notice about you when you are in crisis?*

Things that keep me well day to day:

Are there things (e.g., routine, having regular meals, taking medication, seeing friends, doing hobbies and interests regularly) that help to keep you happy, healthy and able to cope?

My triggers for not coping:

Triggers are reasons or factors that might contribute to why you feel unable to cope. Common triggers are feeling like you have too much to do or arguments or conflict with others. Triggers are personal to you so no one else can question whether should or shouldn't contribute to how you feel

Plan of action when I am struggling to cope:

Think of steps you and others supporting you can take or things you can do to help you cope and tolerate upsetting thoughts, feelings and situations. List as many as you can think of.

Plan of action when I am in crisis:

Think of steps you and others supporting you can take or things you can do to stay safe and manage when you feel unable to cope. List as many as you can think of.

Support I can access:

- www.hampshirecamhs.nhs.uk click the: HELP I'M IN CRISIS BUTTON
- Freephone Samaritans: 116 123 (24hrs, 7days/ week)
- YoungMinds Crisis Messenger; free, 24hrs /7days/ week text YM to 85258
- Call 111 24hrs, 7 days/ week)or visit www.111.nhs.uk and speak to the NHS Mental Health Triage Service

Websites; www.papyrus-uk.org www.harmless.org.uk
www.thecalmzone.net;

Apps; Stay Alive; What's Up; Well Mind; Blue Ice; Calm Harm, MeeTwo