

My Social Connection Plan

Remember: You are not alone. Support is always available.

MY WARNING SIGNS/TRIGGERS ARE:

What I notice when I start to isolate or require more social contact.

- 1.
- 2.
- 3.

WHAT HELPS ME COPE:

Example: Video chatting with a friend or family member.

- 1.
- 2.
- 3.

**KEEP
GOING!**

MY REASONS FOR CONNECTING:

What gives me hope or reminds me why I want to connect with others.

- 1.
- 2.
- 3.

MY SAFE PEOPLE TO TALK TO:

My trusted people that I can contact for support and connection.

- 1.
- 2.
- 3.

SMALL WAYS TO RE-ENGAGE MY SOCIAL ENERGY

Healthy strategies I can try to begin socialising.

- Smile at a stranger.
- Reach out to a trusted friend or family member.
- Ask someone how their day is going.
- Organise a mini hangout or a coffee catch-up with someone.
- Volunteer somewhere.
- Engage in chat forums about familiar topics (for example, a recent movie release)



GROUNDING AFFIRMATIONS:

Example: It's okay to reach out to others, I'm inherently worthy of connection.

- 1.
- 2.

IF IN THE EVENT OF A **CRISIS**, I CAN CALL:

For emergency services: **000**

Lifeline: **13 11 14**

Beyondblue: **1300 22 4636**

All accessible 24/7

You are loved. You matter. Stay strong. | [Thefabricislove.org](https://thefabricislove.org)

Disclaimer: This tool is not a substitute for professional mental health care.