

Christmas Safety Plan

Problem	<hr/> <hr/>
Triggers or warning signs that something might be wrong	(thoughts, images, mood, situations, behavior, "code" words) 1. _____ 2. _____ 3. _____ 4. _____ 5. _____
Coping strategies	(things I can do to take my mind off the problem) (eg relaxation, go for a walk) 1. _____ 2. _____ 3. _____ 4. _____ 5. _____
Places that provide distraction	1. _____ 2. _____ 3. _____ 4. _____ 5. _____
People who provide distraction	1. Name _____ Phone _____ 2. Name _____ Phone _____ 3. Name _____ Phone _____ 4. Name _____ Phone _____ 5. Name _____ Phone _____
People I can contact for help	1. Name _____ Phone _____ 2. Name _____ Phone _____ 3. Name _____ Phone _____ 4. Name _____ Phone _____ 5. Name _____ Phone _____
Professionals or agencies I can contact during a crisis	1. Name _____ Phone _____ 2. Name _____ Phone _____ 3. Name _____ Phone _____ 4. Your GP _____ Phone _____ More service are listed below

What I can do to make the environment safe	1. _____ 2. _____ 3. _____ 4. _____ 5. _____
What I can ask others to do to help	1. _____ 2. _____ 3. _____ 4. _____ 5. _____

Agencies to consider adding to your Plan:

Agency	Contact information	Holiday availability
<p><u>Lifeline</u> A crisis support service that provides short term support at any time for people who are having difficulty coping or staying safe</p>	13 11 14 www.lifeline.org.au	Lifeline 13 11 14, our text service or our online chat service are available 24/7 365 days a year. When a person contacts Lifeline for support they will always be answered by one of our Trained Crisis Supporters
<p><u>The Butterfly Foundation</u> Our national eating disorder service when you need someone to understand what you're going through, or feel heard, or practice new skills they provide counselling support</p>	1800 ED HOPE (1800 33 4673)	Closed for the national public holidays and will be working all other days through the Christmas period
<p><u>Kids Helpline</u> A free, private and confidential phone and online counselling service for young people aged 5 to 25 years old</p>	1800 33 1800 www.kidshelpline.com.au	Kids Helpline is a 24/7 service, we operate every single day of the year, so there are no changes to our service over the Christmas and New Year period.

<p><u>Beyond Blue</u> Provides support on a range of mental health issues and is available via phone, online via chat or email</p>	<p>1300 22 4636 www.beyondblue.org.au</p>	<p>Support service will be running as normal 24 hours / 7 days over Christmas</p>
<p><u>Eheadspace</u> Free online and telephone support and counselling for young people aged 12- 25 years old, their families and friends</p>	<p>1800 650 890</p>	
<p><u>Suicide Call Back Service</u> Anyone considering suicide, living with someone who is considering suicide or bereaved by suicide can access this service</p>	<p>1300 659 467 www.suicidecallbackservice.org.au</p>	<p>Services will be available 24/7 and will continue to operate business as usual</p>
<p><u>Mensline Australia</u> A telephone and online counselling service for men, including support for Dads</p>	<p>1300 78 99 78 www.mensline.org.au</p>	

who may need parenting assistance		
<p>Open Arms Veterans and Families Counseling- provides current serving armed forces personnel, veterans and their families free and confidential counselling, group treatment programs and community and peer networks</p>	<p>1800 011 046 www.openarms.gov.au</p>	<p>The 1800 011 046 number is operational 24/7</p>
<p>Reach Out A safe, supportive and anonymous place for young people to talk to others and share what they are going through</p>	<p>www.au.reachout.com</p>	<p>Staff will be on leave from 21st December, and return on 4th January 2021. With the user forums, external moderators will be monitoring this service.</p>

<p>State crisis numbers:</p> <p>NSW – 1800 011 511 – Mental Health Line</p> <p>Vic. – 1300 651 251 – Suicide Help Line</p> <p>Qld – 13 43 25 84 – 13 HEALTH</p> <p>SA – 13 14 65 - Mental Health Assessment and Crisis Intervention Service</p> <p>WA – Mental Health Emergency Response Line</p> <ul style="list-style-type: none"> ● 1800 676 822 (PEEL) ● 1300 555 788 (Metro) <p>Tas. – 1800 332 388 – Mental Health Services Helpline</p>

NT – 1800 682 288 – Mental Health Line. The Mental Health Line is a **free and confidential 24-hour hotline** for mental health inquiries from anyone experiencing a mental health crisis or concerned about someone's wellbeing.

ACT – 1800 629 354 – Mental Health Triage Service