

MY PERSONAL CRISIS AND COPING PLAN

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

My goals, dreams and hopes:

The following are signs that I am struggling to cope:

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

Things that keep me well day to day:

Events that make it hard to cope

Plan of action when I am struggling to cope:

Plan of action when I am in crisis:

Support I can access:

<https://hampshirecamhs.nhs.uk>

click the: HELP I'M IN CRISIS BUTTON

Websites: www.stayingsafe.net

www.thecalmzone.net

www.papyrusuk.org

www.harmless.org.uk