

Recovery/ Support Plan

Name: _____

Grade: _____

Date: _____

Step 1: Warning signs (thoughts, images, mood, situations, behavior) that a crisis may be developing: How does your body feel? What are the thoughts in your head?

1. _____

2. _____

3. _____

Step 2: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):

1. _____

2. _____

3. _____

Step 3: People and social settings that provide distraction:

Name: _____

Phone: _____

Name: _____

Phone: _____

Place: _____

Place: _____

Step 4: People whom I can ask for help: At Home and At School

1. Name: _____

Phone: _____

2. Name: (Adult) _____

Phone: _____

3. Name: (Adult) _____

Phone: _____

Step 5: Professionals or agencies I can contact during a crisis:

Therapist Name: _____

Phone: _____

Emergency Contact #: _____

Maine Crisis Services—1-888-568-1102

Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)

Contact Police: 911

Step 6: Making the environment safe:

1. _____

2. _____

Staff Signature: _____

(MH/Counselor)

Date _____

Review Dates: _____

Student Signature: _____

Date _____

Parent/ Guardian: _____

Date _____