## Safety Plan

Recovery from depression or anxiety is a process, and it is likely that your mood will continue to fluctuate. Try to identify early that you are starting to feel stressed or down, and use the strategies then. However, even if the feeling is very strong remember that it will not remain as intense forever but will subside.

## **Level one - mild distress**

* ***Who will you tell and how?***
* ***What support do you need from parents or staff?***
* ***What strategies will you use?***
* listening to music – ‘happy playlist’
* going for a run or other exercise (eg wall squats, push ups)
* mindfulness strategies - eg cup of tea, walking, deep breathing
* talk to a friend *about something else*
* reading or drawing
* watching TV or playing computer game

## **Level 2 - medium distress**

* ***Who will you tell and how?***
* ***What support do you need from parents or staff?***
* ***What strategies will you use****?*
* same as above, and
* use scented candles, incense or aromatherapy oils
* take a warm bath or shower
* tear paper (phone books are great!)
* wasabi on your tongue
* snap a rubber band on your wrist

## **Level 3 – high distress**

* ***Who will you tell and how?***
* ***What support do you need from parents or staff?***
* ***What strategies will you use?***
* as above, and
* holding ice - cold bath or shower
* scream into pillow - vigorous exercise
* biting into garlic or ginger
* dencorub/ice gel under your nose

### **Emergency Plan**

* Let parents/supports know that you are distressed and feeling unsafe.
* Try some of the strategies identified above with their help.
* You or your parents can ring **the ward on 9845 7631** and discuss with them how to best manage the situation. This may include a brief return to the unit.
* **If you feel very unsafe return immediately to the unit, or go to your nearest Emergency Department.**