**SUPPORT PLANNING**

It may be appropriate to help a person create a support plan.

A support plan is an agreement between a person and a Mental Health First Aider that sums up actions to keep a person safe and focused.

**When developing a support plan, try to find out who or what (people or strategies) have helped the person in the past, especially if this is a repeated behaviour.**

**You can help to write this plan by asking the person to think about the following questions**:

How would I like friends, family and or support workers to support me?

What can I do in my life to make me feel better? – Help them focus on positive coping mechanisms.

Who should I call to in an emergency?

Who can I speak to?

**REMEMBER YOU CAN OFFER IMPLEMENTABLE SUPPORT MECHANISIMS BUT REPSPONSBIBITY IS SOLEY DOWN TO THE PERSON.**

**The overall support plan should include the following information**

* Focus on what a person can do instead of what they can’t
* Be clear on what you are there for and what the outcomes of the meeting is desired
* Arrange the meeting for a specific length of time and include a sense of achievement being met.
* Include strategies that a person can use to help themselves feel better. Ie. Distraction, reading, playing a game or phoning a friend.
* Include contact numbers that a person can use at a point of need.