



Self-care is an important part of daily life. However, self-care is often the first thing that gets sacrificed when life is busy and stressful. Participating in the HOPE Enhancement co-design project and talking about your experience can bring back memories and can trigger a range of emotions.

We acknowledge strength and resilience as well as your passion for suicide prevention. We also understand that looking after your own wellbeing will help you get through this challenging time and will help you to better care for others.

Therefore, it may be helpful to have a self-care plan in place to ensure your well-being. Your self-care plan can be as simple or complex as you need it to be. You don't need to use this template; you may just prefer a list or diagram. The table below may help you begin to create your own self-care plan.

MY DAILY SELF-CARE PLAN					
List your favourite practices for each category					
BODY	MIND	SPIRIT	EMOTIONS	RELATIONSHIPS	WORK

MY TOP THREE POSITIVE COPING STRATEGIES
Record three strategies you want to get in the habit of using



MY EMERGENCY SELF-CARE PLAN	
HELPFUL   TO-DO	HARMFUL   TO AVOID
List your top five emergency practices	List five practices, people, places, or things to avoid during crisis or stress. This will serve as a helpful reminder to keep you on track.

**If you are in an emergency, or at immediate risk of harm to yourself or others, please contact emergency services on 000.**

Support services that operate 24 hours/7 days a week:

- Lifeline: 13 11 14 [www.lifeline.org.au](http://www.lifeline.org.au)
- St Vincent's Mental Health Triage: 1300 558 862
- Suicide Call Back Service: 1300 659 467 [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)
- Beyond Blue Support Service: 1300 22 4636 [www.beyondblue.org.au](http://www.beyondblue.org.au)
- MensLine Australia: 1300 78 99 78 [www.mensline.org.au](http://www.mensline.org.au)
- Kids Helpline: 1800 55 1800 [www.kidshelpline.com.au](http://www.kidshelpline.com.au)