

# **INTERVENTIONS**

26 cards

**Going to hospital**

i1

**Extra visits**

**Use of medication**

i3

i2

**Phoning Case Manager**

**Case Manager talking  
with family**

i4

i5

**Reviews of medication**

**Referral to CATT / call  
psych triage**

i6

i7

**Making a Dr's  
appointment**

i8

**Extra meetings**

i9

**Doing a relaxation  
exercise**

i10

**Taking some  
medication**

i11

**Keeping busy**

i12

**Listening to music**

i13

**Physical exercise**

i14

**Talking to a friend or  
parent**

i15

**Seeing friends**

i16

**Going for a walk**

i17

**Taking some time off  
work or school**

i18

**Finding a quiet place**

i19

**Taking a hot bath /  
shower**

i20

**Getting out of the house**

i21

**Distraction techniques**

i22

**Mindfulness techniques**

i23

**Let people know i need  
more support**

i24

**Stop driving**

i25

**Treat myself**

i26