

Wellness/ Safety Plan

Name _____

Date _____

Things that maintain my wellness	I am well	Things that decrease my wellness
Things that increase my wellness From this state	I am struggling, uncomfortable, but still relatively ok	Things that decrease my wellness
Things that increase my wellness From this state	I need some help from friends and professionals within the next few days	Things that decrease my wellness
Primary Emergency Contact Person _____ Ph _____ Call 000 - Ambulance, Fire Police Nearest ED Hospital _____ Lifeline - 13 11 14	<input type="checkbox"/> I have a list of allies on the reverse of this I need emergency help right now	Crisis Care - 1800 199 008 Suicide Prevention Hotline - 1300 651 251 Mental Health Emergency Response Line - 1300 555 788

Wellness/ Safety Plan

Date _____

Allies

Relationship

Name

Phone

Note

Do Not Contact

Primary Emergency Contact Person

Relationship:

Ph:

Notes:

Crisis Care

- 1800 199 008

Suicide Prevention Hotline

- 1300 651 251

Mental Health Emergency Response

Line - **1300 555 788**

Suicide Call Back

Lifeline

Kids Helpline

Beyond Blue

Headspace

MensLine Australia

1300 659 467

13 11 14

1800 551 800

1300 224 636

1800 650 890

a 1300 789 97

Aboriginal & Torres Strait Islander
crisis support line

13YARN on 13 92 76

Reach Out

au.reachout.com