# Recovery/ Support Plan

<table>
<thead>
<tr>
<th>Name:</th>
<th>Grade:</th>
<th>Date:</th>
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## Step 1: Warning signs (thoughts, images, mood, situations, behavior) that a crisis may be developing: How does your body feel? What are the thoughts in your head?

1. 

2. 

3. 

## Step 2: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):

1. 

2. 

3. 

## Step 3: People and social settings that provide distraction:

<table>
<thead>
<tr>
<th>Name:</th>
<th>Phone:</th>
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<tbody>
<tr>
<td>Name:</td>
<td>Phone:</td>
</tr>
<tr>
<td>Place:</td>
<td>Place:</td>
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</tbody>
</table>

## Step 4: People whom I can ask for help: At Home and At School

1. Name: Phone: 

2. Name: (Adult) Phone: 

3. Name: (Adult) Phone: 

## Step 5: Professionals or agencies I can contact during a crisis:

<table>
<thead>
<tr>
<th>Therapist Name:</th>
<th>Phone:</th>
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Emergency Contact #: _____________________

Maine Crisis Services—1-888-568-1102

Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)

Contact Police: 911

## Step 6: Making the environment safe:

1. 

2. 

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**Staff Signature:** _______________________________ Date ______ Review Dates: ____________

(MH/Counselor)

**Student Signature:** _______________________________ Date ______

Parent/ Guardian: _______________________________ Date ______