



## EARLY WARNING SIGNS/TRIGGERS

(what you notice first – what you feel, what happens to your body, what you think)

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## POSITIVE WAYS TO MANAGE

(things you can do to feel better – for example: talk to a mate, go for a walk)

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## CHALLENGING SITUATIONS

(thoughts/feelings/people/places/events that might lead to challenges)

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## MOTIVATION AND GOALS FOR CHANGE

(goals you have for the future, who you want to be there, where you will be)

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## SUPPORT PEOPLE AND EMERGENCY CONTACTS

(people you can share your plan with and you can go to when you want help)

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