

DISTRESS PLAN

A WRITTEN PLAN TO HELP IN TIMES OF DISTRESS

This tool is **not a replacement for professional care**, but it can help you get to your next ok moment. The way this plan works best is by filling in all of the fields you can, even if it is extremely challenging to think of the *what* or *who*, and then doing the items on this plan over and over until you experience feeling better. It helps to start by scaling your distress from 0 to 10, and if that number starts to come down, even by half a point as you work this plan, then it means you are doing it--you are helping yourself through the distress. Keep this plan somewhere you can use it (a picture of it your phone or as a folded piece of paper in your wallet). If safe to do so, sharing this plan with your significant other, best friend, or closest relative can increase your intention and provide support. And lastly, your signing and dating this plan is about your commitment, in this moment, of showing up for yourself.

The end of this document provides a crisis protocol, so that you don't have to question what that might be should you need to use it, and doing that is sticking to the distress plan too.

I. WARNING SIGNS OF DISTRESS

Breaking it down helps us to catch distress before it builds, perminates, and penetrates. So what are the thoughts, images, mood, situation, and behaviors that precede your distress?

THOUGHTS

IMAGES

MOOD

SITUATION

BEHAVIOR

II. THINGS TO MAKE MY ENVIRONMENT BETTER/SAFE

1)

2)

III. WAYS TO DECREASE STRESS MYSELF

1)

2)

3)

4)

5)

IV. PEOPLE THAT CAN PROVIDE DISTRACTION

NAME & PHONE NUMBER

NAME & PHONE NUMBER

V. SETTINGS THAT MAKE ME FEEL BETTER

1)

2)

VI. PEOPLE WHOM I CAN ASK FOR HELP

NAME & PHONE NUMBER

NAME & PHONE NUMBER

VII. ONE THING I COULD HEAR THAT WOULD HELP

Would be...

VIII. PROFESSIONALS/ORGANIZATIONS THAT CAN HELP

MENTAL HEALTH PROVIDERS(S)/**Phone**

MEDICAL PROVIDERS(S)/**Phone**

LOCAL HOSPITAL/URGENT CARE/**Phone**

OTHER SERVICE ORGANIZATIONS/**Phone**

CRISIS PROTOCOL

IN EMERGENCY: If the situation is life threatening, or it looks like you or someone else may get hurt, call 911. If you cannot call 911, go to your nearest hospital.

IN CRISIS: If you are in crisis, but there is no immediate physical danger, please call King County Crisis Connections 206-461-3222. If you do not have access to a phone, but have a computer, you can go to King County Crisis Connection at <https://www.crisisconnections.org/get-help/> and reach someone through the chat/messaging platform on this website. Crisis Connections is free, confidential, open 24/7, and has trained professionals that can help you.

Date:

Name:
