Emergency Mental Health Action Plan

Preparation is the key!



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The Noledge House thanks





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Welcome Message

On behalf of The Noledge House team, it is with immense pleasure that I extend a warm welcome to you, as we share your journey. The Noledge House's mission is to provide prevention-focused mental health programs and workshops, free to access, for all community.



We aim to support people headed towards a vulnerable situation, who may be at risk of falling through the system that has developed and continues to widen between the public and private sectors.

Our charity and our team comes from a trauma-informed perspective, we advocate social prescribing and provide a holistic model of care that is there to support people as they await further interventions.

This workbook is your emergency mental health action plan. The workbook has been produced to provide you with a resource that you can have on-hand should an emergency occur. Together, we will outline an action plan, specific for you!

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Jae Falford



Mission & **Acknowledgment**

Mission

The EMHAP mission is to support any person headed towards a vulnerable situation and who may be at risk of falling through the system.

The EMHAP will help people who are struggling to cope after disaster and will provide prevention focused strategies and actions for any person living with mental health issues, should a disaster occur.

Acknowledgment

We respectfully acknowledge the Traditional Custodians of the land on which we work and live and recognise their continuing connection to the land, water, and community. We pay respect to Elders past and present and future leaders.

We also acknowledge people living with mental health challenges, problematic alcohol and other drugs use, as well as those impacted by suicide, their families, carers and support people.

The EMHAP **Purpose**

An emergency mental health action plan is a document or set of guidelines that outlines the steps you have indicated as best practice for you, to be taken in the event of a mental health crisis or emergency. It is a proactive approach to managing your mental health.



Your EMHAP will include information about your mental health history, triggers, symptoms of crisis and a list of emergency contacts.

The EMHAP will identify:

- 1. Emergency Contacts
- 2. Power of Attorney
- 3. Warning Signs
- 4. Crisis Triggers
- 5. Coping Strategies
- 6. Treatment Preferences
- 7. Medications
- 8. Safe Spaces
- 9. Steps for Supportive Individuals
- 10. Professional Contacts

It is important that the care you receive is inline with your wishes and your previously identified best outcome strategy.

Having an emergency mental health action plan in place is particularly important for you, as it provides a structured and pre-determined approach to handling crises, promoting safety, and ensuring that appropriate help is sought in a timely manner.



The EMHAP Why?

Clearly listed contact information for key individuals who can provide support during a crisis is critical. This may include family members, friends, mental health professionals, and crisis helplines.

Identification of specific signs or symptoms that indicate you are in crisis will help you reduce or remove triggers. This helps both you and those supporting you recognise when intervention is necessary.

Understanding and listing potential triggers for your mental health crisis and Identifying these triggers can help prevent or minimise their impact.

Strategies and coping mechanisms that you can use to manage stress and prevent escalation of mental health symptoms will support your treatment and/or recovery.

Information about your preferred mental health treatment options, medications, and healthcare providers helps ensure that the right interventions are utilised during a crisis.

Identifying safe places or activities that can provide comfort and a sense of security during times of crisis will support your treatment and/or recovery.

Guidance for family members, friends, or other supportive individuals on how to help during a mental health crisis may include specific actions to take or things to avoid.

Information about mental health professionals, therapists, or crisis intervention services that can be contacted for immediate assistance will support you in reducing or removing you from a vulnerable situation.

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(SVM) Stress **Vulnerability**

Model



SVM refers to the interaction between vulnerability to imbalance and the stress and coping strategies.

What is stress?

Stress is our physical, psychological or emotional response to pressure. Even if we do not acknowledge that we are under stress we have a biological reaction-increases in hormones of cortisol and the secretion of adrenaline and noradrenaline.

What is a stressor?

A stressor is the thing that is causing the stress- it is not the stress its self it is the trigger and the source of the stress.

What is vulnerability?

Vulnerability impedes our ability to function towards our well-being. There are a range of things that precipitate our vulnerability and these include:

Genetic factors: Inherited. Include physical vulnerabilities such as cholesterol levels, heart disease or mental health concerns such as depression or bipolar

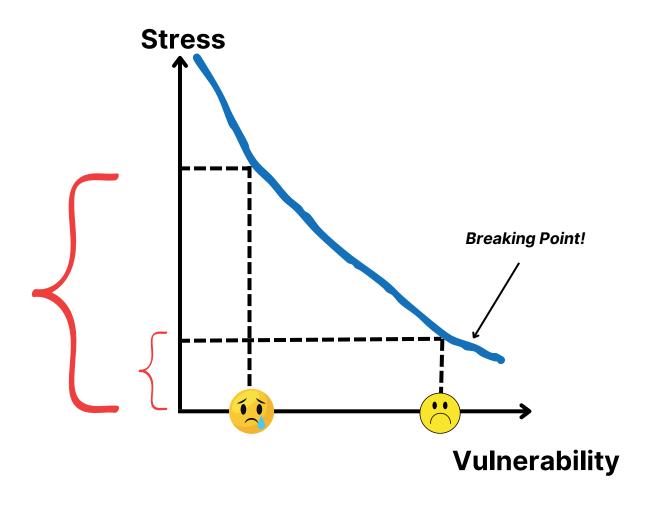
Environmental: Non-genetic. Impacts our physical, mental functioning and development. They may be exposure to a virus as a baby or learned behaviour from our parents such as maladaptive coping strategies.

Brain chemistry: Even if we are unaware we are under stress, there is a biological change in our brain chemistry.



SVM Visually

- Large amount of stress before reaching breaking point.
- Only a small of amount of stress needed to reach breaking point.

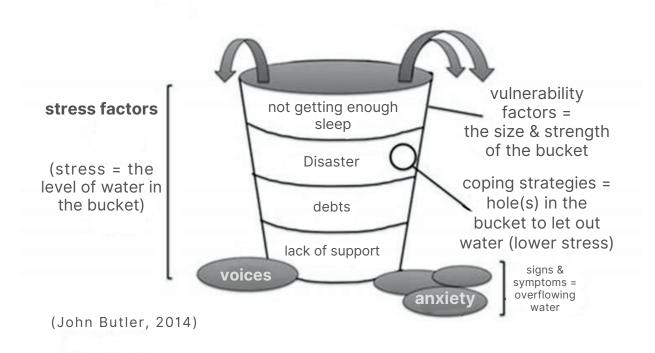


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The Stress **Bucket**



The Stress Bucket (Based upon: Brabban & Turkington 2002)



The Stress Bucket is a model for understanding stress. Imagine you have a bucket inside your body which collects all of your stress. Events such as disasters and day-to-day things, such as work, home life, illness or finances, add stress into the bucket. A coping strategy is the hole you put in the bucket to stop the overflow.



Stress Bucket Worksheet

Bucket-filling Stressors	Bucket-Emptying Strategies	
	What do you do?	What can you do?

Alarm

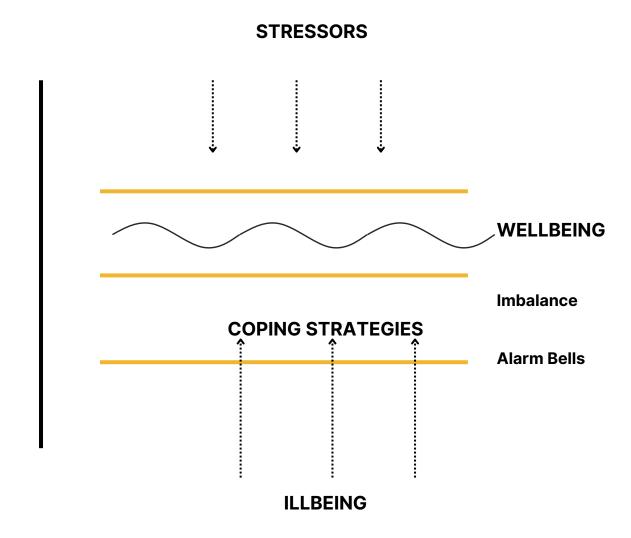
Bells



Imbalance of Health

Alarm Bells are symptoms that indicate a person is experiencing stress and early signs of change in their well-being.

Learn to recognise your alarm bells and implement your coping strategies.

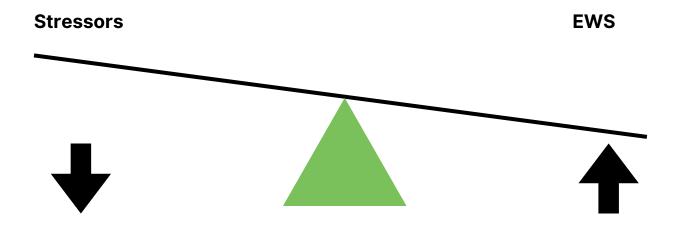




The Seesaw **Principle**

Introducing the concept of balance of wellness and the seesaw principal.

This works by you being aware of the situations that make you vulnerable, by monitoring for your early warning signs (EWS) of imbalance. Knowing these signs, you can implement a plan of action to reduce the risk of them developing into further illbeing.



Complete the Seesaw Principle worksheet on the next page.

The Seesaw **Principle**

Worksheet



Vulnerable Situations

Early Warning Signs

Benefits of Identifying	Cost of not Identifying	
Ups	Downs	



Stress & **Disaster**

My stress in a disaster

If you are in a situation or emergency where you feel you or people around you are in danger, call triple zero (000) (Australia Only).

In a disaster, I stress out because:	
Signs that I am under stress:	
My coping strategies are:	

Disaster & Vulnerability

Emergency Mental Health Action Plan

Where am I most vulnerable?

n a disaster, I feel most vulnerable when/where:			
My early warning signs a	re:		



My **EMHAP**

Key Information

In the event of a disaster or personal crisis, the following information detailed in my Emergency Mental Health Action Plan are my directions for my carers and health professionals.

My GP is:	
Email:	Telephone:
My family or significant other is:	
Email:	Telephone:
My emergency contact is:	
Email:	Telephone:
Next of Kin	
Email:	Telephone:
Private Health Provider:	
My Member Number:	Telephone:
Public Trust:	
Clinic CRN:	
NDIS Participation #:	
Medicare #:	

My **EMHAP**

Advanced Health Directive



Power of Attorney:	
Email:	Telephone:



My **EMHAP**

Medications & Allergies

Medications:	Dosage:
Allergies:	

My **EMHAP**

Contacts and Roles



First Contact:	
Email:	Telephone:
Their relationship to me:	
Our collaborative strategy is:	
Their agreed role is:	
Second Contact:	
Email:	Telephone:
Their relationship to me:	
Our collaborative strategy is:	
Their agreed role is:	



Contacts and Roles cont...

Third Contact:	
Email:	Telephone:
Their relationship to me:	
Our collaborative strategy is:	
Their agreed role is:	
Fourth Contact:	
Email:	Telephone:
Their relationship to me:	
Our collaborative strategy is:	
Their agreed role is:	

Have you got a safe and easily accessible place to store this document? Have you told the people in your support network about this document, and where they can access it? Have you uploaded this document into **My Health Records?** If a disaster was to occur, are you prepared with extra food and water supplies? Do you have an emergency exit plan? If so, have you rehearsed a practice scenario?



+61 402 846 203



www.thenoledgehouse.org



grow@thenoledgehouse.org



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The Noledge House Linked In

ABN 64 661 826 839

ACN 661 826 839







