If you are in crisis or are having difficulty coping with your emotions please call Lifeline on 13 11 14 or access Lifeline’s Online Crisis Support Chat 8pm - Midnight AEST/AEDT

**If life is in danger call 000**

Take a moment to consider your current level of distress

**Extreme**
Seek immediate help, call 000, or Lifeline on 13 11 14

**Low - Moderate**
Use your Coping Kit and your identified supports and help activities

**Crisis Over**
It may be helpful to revise & if necessary update your Coping Kit. Continue using supports & helpful activities if required

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What sort of things really upset or distress me?

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How do I feel when I am getting into a crisis situation/feeling overwhelmed?

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How do I act when I am getting into a crisis situation/feeling overwhelmed?

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What sort of things have I done in the past that don’t help?
### People who can support me when I’m struggling

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### Things I can do to help calm myself down when I am feeling distressed/overwhelmed

- [ ]
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### What other possible supports could I try?

- [ ]
- [ ]
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### When I need help, what can someone else do?

- [ ]
- [ ]
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### How will I keep myself safe?

- [ ]
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### If I go to hospital who needs to be contacted?

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