

# SUPPORT PLAN

Name:

Emergency contact:

Support people:

Terminology preference:

To bring:

Aftercare  
preferences:

Spiritual /  
ceremony plans:

Holistic supports:

Logistics:

# ME

helps me to feel calm.

Ways I like to rest include

# MY POD

For emotional support, I can call:

For help around the house, I can call:

I can call  when I want to get out the house.

I have asked  to check in on me weekly.

# WIDER COMMUNITY

I can call  (helpline) at anytime.

Support group: