
APPENDIX 3: EXAMPLE OF AN ACTION PLAN

This should be designed with the young person and be backed up by supports that are available 24 hours.

If I feeling like harming myself, I can:

1. Distract myself by phoning a friend, taking the dog for a walk, playing my guitar
2. Talk to Mum or a friend about it. See if anything is upsetting me or has set the feeling off. See if I can do anything about it.

If the feeling is strong and I have trouble controlling it I can:

1. Tell Mum urgently
2. Phone doctor Phone:
3. Call the Crisis Team Phone: