**My main goals and problems I am working on in relation to my carer role**

(1) In the short term

(2) In the long term

**My carer crisis survival strategies**

Warning signs that the person I support is unsafe, in distress or crisis

Things I can do when the person I support is unsafe, distressed or in crisis that won’t harm them or me

Things I have tried before that did not work or made the situation worse

What I can do to take care of myself in stressful times

Places and people I can contact in a crisis:

Lifeline 13 11 14       Emergency 000       NSW Mental Health Line 1800 011 511

**My support people** (e.g. friends, family members, partner, psychologist, psychiatrist, social worker, GP)

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact Details</th>
<th>Role for me</th>
<th>OK to Contact?</th>
</tr>
</thead>
</table>

Signature:  
Clinician’s Signature:

Date:  
Date of next review:

Copy for the: Carer / Clinician / Other (please specify)