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| My supports and referral information | |
| **Name:** | |
| **Date:** | |
| **Emergency and crisis contacts:** | |
| **Call Triple Zero (000)** in an emergency | |
| Who are my personal emergency contacts? | Name, relationship, contact details:  Consent to share plan with personal contacts:  Yes  No  Notes on which contacts: |
| Services I can call in a crisis? (refer to crisis services contact details below) | Name and contact details:  Support provided: |
| Who I can contact for personal and practical support? | Person/service, support provided and contact details |
| * Positive support of family, friends or community | Support provided:  Name/s:  Phone: |
| * Community, culture, faith or identity supports,  elders or leaders | Support provided:  Name/s:  Phone: |
| * Disability services | Support provided:  Name/s:  Phone: |
| * Aged care services | Support provided:  Name/s:  Phone: |
| * Accommodation support * Housing or homelessness, tenancy or private rental services | Support provided:  Name/s:  Phone: |
| * Support for employment or financial counselling * Centrelink or employment services | Support provided:  Name/s:  Phone: |
| * Legal help services | Support provided:  Name/s:  Phone: |
| * Immigration services * Multicultural services | Support provided:  Name/s:  Phone: |
| Who I can contact to support my wellbeing? |  |
| * Counselling or community services for alcohol and other drug, gambling, mental health (or other) | Support provided:  Name/s:  Phone: |
| * Support for the needs or wellbeing of any children | Support provided:  Name/s:  Phone: |
| * Medical or clinical mental health and wellbeing services, including support to access any medications or alcohol/drug treatments | Support provided:  Name/s:  Phone: |
| * Peer support services | Support provided:  Name/s:  Phone: |
| Managing my behaviour and safety, and the safety of others | |
| **Managing my behaviour for the safety of others**  Think about:   * My feelings * My thoughts * My behaviours   Example actions I can take:   * I can spend time in different rooms. * I can do exercise at home or close to home. * I can contact friends or family for support. | When I feel       there are things I can do to manage my behaviour.  My early signs for my behaviour are:  Strategies I have used before to manage my behaviour:  Things that will help me to keep on track with my behaviour/not breach my intervention order:  My personal actions: |
| **My plan for managing my behaviour at specific events or situations**  Think about:   * What events and situations may be difficult for me to manage my behaviour * What events or situations are coming up that I need to have a support plan in place for, for example, a court appearance, family birthdays or holidays, discussing care of children or child handover arrangements, same workplace, shared community or cultural events * What my plan is for maintaining safety and respectful behaviours | My difficult events and situations:  Who I need to be safe and respectful towards:  My strategies to manage my behaviour at these times: |
| **Support plan for when I feel unsafe for myself**  If I feel like hurting myself or I feel suicidal, I can enact my safety plan:   * What are my warning signs? * Who can I talk to? Who can I ask for help? * What professionals can I contact for help? * How can I make my environment safer? * What activities can I do until the feelings pass?   **Who can I contact?**   * In an emergency always call **Triple Zero (000)** * Lifeline 13 11 14 (24/7) / Beyond Blue 1300 22 4636 * Suicide Call Back Service  1300 659 467 (24/7) * My GP:       (refer to contact details above) | My strategies to increase safety for myself:  Who I will contact: |
| Useful phone numbers |  |
| **Referral options:**   * **Men’s Referral Service** for men using violence and controlling behaviour 24 hours by phone 1300 766 491 * **Men’s Line** telephone and online counselling for men with family and relationship issues by phone 1800 457 870 * **Dardi Munwurro** crisis support line for Aboriginal men 24 hours by phone 1800 435 799 * **The Orange Door** for anyone using family violence and seeking support to access services. * **Rainbow Door** free statewide LGBTIQ helpline for information, support and referral, including family violence, social isolation, mental health and wellbeing, alcohol and other drugs use – available 10 am to 5 pm  7 days a week on 1800 729 367 * **Legal Help** for assistance understanding conditions of intervention orders, parenting orders, or pending court hearings – including for duty lawyer services, even if not attending court. Legal Help operates (9 am to 5 pm,  Mon. to Fri.) by phone (1300 792 387) or webchat at <http://www.legalaid.vic.gov.au/> * **LGBTIQ Legal Service** (non-urgent) by email [lgbtiqlegalservice@skls.or.au](mailto:lgbtiqlegalservice@skls.or.au) * **Victorian Aboriginal Legal Service** 24 hours by phone 1800 064 865 * **VACCA** individual case work, group work, counselling and practical support for Aboriginal people – by phone 03 9287 8800 | * **Child Protection**: can provide you referrals where you have parenting support needs * **Crisis Assessment and Treatment Teams (CATT)** for support with acute mental health concerns * **Suicide call back service** if risk of self-harm or suicide is present, or increased mental health issues that are not at crisis point by phone 1300 659 467 * **Beyond Blue** or **Lifeline** 24 hours by phone 13 11 14 for crisis support and suicide prevention services * **Aged Psychiatry and Assessment Team (APATT)** for support with acute mental health concerns for older people * **Forensic Disability Statewide Access Service (FDSAS)** for support for people with cognitive impairment who have high risk behaviours and are involved in the criminal justice system * **Alcohol and other drug use** – direct line – 1800 888 236 * **Gambler’s Help** – 24 hours by phone 1800 858 858 * **Crisis accommodation**: where excluded from the home and no alternative accommodation available with other family or friends Homeless or risk of homelessness – after hours service by phone 1800 825 955 * **local police** for welfare checks * **Nurse on call** by phone 1300 60 60 24 * **Bush support line** – people in rural and remote areas – 1800 805 391 |