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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
* **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
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