



# AFTER THE CALL



## COPING

Whether you are struggling with some stressful calls, life at home, or even an addiction, a solid plan is required for you to succeed.

### ***Create a Safety Plan!***

Develop a realistic plan that you can stick to. If you know that you are going to be up-against some stressors, then you can prepare for that. Most of us, however, are taken by surprise something that bothers us. So, prepare a plan beforehand on how to cope after the event has occurred.

Include in your plan:

What can I do to reduce the feelings that I am having?

What are my warning signs that others might see or that I might notice?

What has worked before?

Who people I can call/go to in order to help me through?

This does not need to be a plan that you keep on the fridge; in fact, it'll work better if you keep it on you.

This plan should ensure, to the best that you are able, that it include behaviours that can neither be abused (ie. drinking, substances, gambling etc), nor be something that harms others (ie. belittles, ignores, demeans etc).

Finally, the plan should keep yourself away from harm as well.

Check out the "Safety Plan!" on After the Call's resource page for ideas around