

FAMILY SUPPORT PLAN

**Complete with family at the start of treatment.*

Enhance daily coping with Healthy Routines including:

1. Physical Activity
2. Time Outside
3. Mindfulness/Relaxation Time
4. Use Positive Self-Talk
5. Consistent Sleep/Wake Schedule

Identify things you **already do** for daily coping:

- 1.
- 2.
- 3.

Be mindful of **Warning Signs and Triggers** (e.g., tensing muscles, raising voice, arguments, etc.)

- 1.
- 2.
- 3.

Use **Coping Skills** (e.g., drink of water, deep breaths, tell a joke, ask for help) to diffuse escalating tension.

- 1.
- 2.
- 3.

List people you can call when you need additional **Family Support** (e.g., someone to listen, help with meals, errands, transportation, etc.) or when things get escalated.

Names and Phone Numbers

- 1.
- 2.
- 3.

List **Community Resources** (e.g, local hospital, community therapists, emergency services) and contact information.

Names and Phone Numbers

- 1.
- 2.
- 3.