

Zac's Crisis Plan

This plan is to be implemented when:

- I notice a significant fall in functionality, significant changes in mood or experiences, start having thoughts of suicide or self-harm, commit an act of self-harm: cutting, burning, vomiting, hitting, or begin craving an extreme level of intoxication.
- My partner insists upon it, based on her judgement of my mental state and functionality.
- Family, friends, work colleges or training partners suggest that I am not in a good place mentally.

Then I will take the following actions:

1) Complete my 'Mental Health Checklist'. Working through the following:

- **Exercise:** BJJ, Weights, Running, Riding, Stretching, Tai Chi
- **Shock The System:** Cold Shower, Sprints, Spicy Food, Loud Music
- **Nature:** Sunshine, Forest Walk, Beach, Pets, Grass
- **Meditate:** Seated, Present State Awareness, Guided, House Cleaning
- **Read/Write:** Read Fiction, Journal, Free Writing, Podcast Expression
- **Be Logical:** Explicitly State My Thoughts & Compare To Statistics
- **Status Check:** Ask Myself: Am I Tired? Hungry? Thirsty? Sick

2) Talk to my partner about issue, ask for her support, advice and guidance.

3) Talk to close friends about the issue, ask for their support, advice and guidance.

4) Talk in online support groups.

- Facebook groups
- Reddit communities

5) Take time off work, training or social commitments where needed.

6) Contact my psychologist and/or psychiatrist to book and have an appointment.

7) Take Valium (1/2 tablet, max 2 in a day)

8) Contact phone-based support services.

- Lifeline: 131 114
- Suicide line: 1300 651 251
- Beyond Blue: 1300 224 636

9) Contact emergency services.

- Psychiatric Triage: 1300 369 012
- Police/Ambulance: 000