



# MY COPING PLAN

YOUR PERSONAL PLAN FOR  
DEALING WITH HIGH LEVELS OF  
DISTRESS

Health, Counselling and Disability Services

## MY COPING PLAN

When students come to see us (or talk to us on the phone) here at Counselling services, we like to ensure that they leave their appointment with a plan of how to cope with, and address the distress that brought them in.

On this one page is your customised coping plan, developed in consultation with your counsellor (or you can do it on your own). It is designed to give you specific and practical strategies for coping with the distress of your current situation.



You can refer back to this document after your appointment to remind you of the strategies you discussed with the counsellor. Your counsellor might also staple other resources to this page, if they think they might be appropriate. Another resource you might find useful is our '**Self-care during difficult times**' document – find it at <https://blogs.flinders.edu.au/student-health-and-well-being/2019/12/10/self-care-during-difficult-times/>

If you would prefer to have a digital version of this plan, consider downloading the **My Coping Plan** app, developed by a psychologist at UniSA. You can read more about it (including how to get it <https://blogs.flinders.edu.au/student-health-and-well-being/2017/12/01/my-coping-plan/>

Beyond Blue also make an excellent 'safety plan' app that you can use to stay safe if you are experiencing suicidal thoughts, feelings, distress or crisis - <https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning>

**Things I can do on my own when distressed (e.g. have a shower, watch TV, play with pets)**

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**People who I can spend time with...**

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**People who I can talk to...**

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**Professionals that can help...**

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**Things I could do to look after myself on an ongoing basis....**

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If you are feeling really distressed and thinking about hurting yourself, contact one of the following:

Call Lifeline on **13 11 14** or visit <https://www.lifeline.org.au/> - they are contactable 24hrs a day, 7 days a week

Call Health, Counselling and Disability Services on 8201 2118 – only available during business hours – 9-5 M to F

Call the dedicated Flinders Out-of-hours Crisis Line on 1300 512 409 (or text them on 0488 884 103) – available after hours and on weekends/public holidays

