

Creating a Plan to Help Cope and Connect with Others

FACILITATORS GUIDE

Youth version

Confidentiality Statement: We will make every effort to ensure that your privacy is protected. We will not discuss what you tell us or the information you provide with anybody else who is not here with us now unless you appear to be at risk of hurting yourself or others, or if we suspect abuse or neglect of a child or dependent adult.

READ/PARAPHRASE: We are going to work on this plan together. The goal of creating this plan and doing these activities is to provide you with the tools you need to manage your *[name and use words that the person uses, ex. stress, sadness, anxiety]* and support your wellbeing. Stress is a normal part of life, but sometimes stress can become overwhelming and might lead to other emotions. For example, too much stress might make us feel really sad or down with these feelings lasting a couple of days or longer. Too much stress can also make our body feel tired, tense, or unable to relax and calm down.

Today, we will work to create a plan for you for when stress starts to feel overwhelming. This plan is something you can come back to and remind yourself of the tools you have when you are feeling very sad or down. I will help guide you through this process and then call to check in with you over the next few weeks to see how you are doing and see if we need to change anything in this plan.

A. READ/PARAPHRASE: The first thing we are going to do is to think about how you know you are starting to feel very *[name emotion in person's own words]*. Think about what happens in your mind, in your behavior or your body when you are starting to feel *[name emotion in person's own words]*. For example, some people may start sleeping less, or eating more or less, or feeling that their muscles are tight. Others may find they get angry more easily. What are some of your signs for when you start feeling particularly down or anxious?

Before I start feeling sad or worried, I often:

1. _____
2. _____
3. _____

B. READ/PARAPHRASE: It is normal to experience difficult feelings. Sometimes when you are feeling that way, there are things that can help calm us down, begin feeling better, and take our mind off our problems. What are things you can do when you are feeling particularly down or anxious that help take your mind off your problems?

These can be small or large things we do but remember they are healthy things YOU control, that make you feel good and do not depend on other people.


B. These are things I can do to calm down and feel good (see reverse side):



Facilitator Note:

If participant is struggling to come up with things, provide examples: These may include playing basketball, walking, drawing or even traditional activities, such as beading, singing, dancing, praying, or talking in your native language to family or friends.

C. READ/PARAPHRASE: Remember that there are many in our community who care about you. We can reach out to others in our community. **These people can help you and help distract from the things that are bothering you.** For example, you might spend time with your cousins, certain friends, or an Auntie. When you are feeling very down or even unsafe, who are the people you know from whom you can ask for help?


 **Facilitator Note:**
Make sure a youth has at least one adult identified.

These are people who can help me:
Names & Phone Numbers
Adult: _____
Others: _____

D. READ/PARAPHRASE: Sometimes we can also go to places that help us feel better or take our mind off things. For example, you may go to a certain spot in nature near your home or may go to a friend's house. Are there places you can go that help you feel calm or take your mind off the problems you are experiencing?

These are places I can go to help me calm down and feel good:

E. READ/PARAPHRASE: If you are feeling unsafe, thinking about harming yourself, or worried about the safety of others, there are also professionals and service agencies that can help during a crisis. Let's consult our guide and write down a couple of these together.

 **Facilitator Note:**
You can use your resource guide to help.

These are people or organizations I can call if I need help immediately
1. _____
2. _____
3. _____

F. READ/PARAPHRASE: Having items that can be used to hurt yourself when you are feeling particularly in crisis can be dangerous. What items do you have access to that might cause harm and how can you make it harder to access during a time of crisis.

F. These are ways I can help make my surroundings safe when I am in crisis
Safety Step: _____
Safety Step: _____

G. READ/PARAPHRASE: Keep this resource somewhere you can access when you need it. As a reminder, I will be following up with you over the next couple of weeks to check in. When would be a good time to do that? Would you prefer a phone call? Or a visit? I am happy to do either one.

Remember – you are part of a community and your community cares for you!
Being connected to others is good medicine.

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Other resources to have just in case:
Call: National Suicide Hotline (24/7)
Dial 988
Text: HOME to 741741 to reach a v
Crisis Counselor

An illustration of a diverse group of nine people standing in a line, holding hands. They represent various ages, ethnicities, and abilities. From left to right: a young boy in a blue shirt and grey pants; a man in a dark jacket and brown pants; a woman in a red jacket and black pants; a man in a white shirt and blue pants; a woman in a red top and black skirt; a young boy in a black shirt and pants; a woman in a blue top and patterned skirt; a woman in a green top and orange pants; and a man in a green shirt and orange pants. All individuals are wearing face masks.