After a crisis: looking back

Once things have settled, look at what happened and what would help next time.

Name _____ Date _____

Do this when you feel steadier, ideally with me or someone you trust. The purpose is to be better prepared, not to blame yourself.

What was happening in the days before? What built up?

The first signs, looking back

What tipped it over

What I did that helped, even a little

Who helped, and how

What did not help, or made it worse

What I would want to do differently, or sooner, next time

What needs to change in my safety plan

What I want to remember about having got through it

In an emergency call 112 or 999. Samaritans: freephone 116 123. Text HELLO to 50808.

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