

My Support Map

Identifying people, places and services that help you stay connected.

Important

This resource is for information and self-support. It is not a substitute for therapy, medical advice, emergency care, or a personalised clinical assessment. If there is immediate danger to life, call 999 or go to your nearest A&E.; For urgent mental health support in England, call NHS 111 and select the mental health option.

Why create a support map?

When stress or risk increases, it can be hard to remember who or what helps. A support map makes the next step visible before things become overwhelming.

People

Safe people I can contact: 1. _____ 2. _____ 3. _____	People who are not helpful when I am distressed: 1. _____ 2. _____ 3. _____
People who can help practically: 1. _____ 2. _____	People who can sit with me emotionally: 1. _____ 2. _____

Places and routines

Places I can go to feel safer: _____ _____ _____	Routines that help me stay connected: _____ _____ _____
Things I can do in the next 10 minutes: _____ _____ _____	Things I should avoid when distressed: _____ _____ _____

Professional support

- GP / practice: _____
- Therapist / counselling service: _____
- Veteran support organisation: _____
- Local crisis team / NHS 111 mental health option: _____
- Emergency: 999 / A&E;

My escalation plan

<p>If I am struggling but safe:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>If I am becoming unsafe:</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>If I might harm myself or someone else:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Who can help remove risk or stay with me:</p> <p>_____</p> <p>_____</p> <p>_____</p>

Keep this visible

Put a copy of this map somewhere you can find quickly: phone notes, wallet, fridge, bedside table, trusted person, or therapy folder.