

RECOGNISING AND RESPONDING TO DISTRESS

PRACTICAL TOOLS

My Distress Management Plan (D-MaP)



My Distress Management Plan (D-MaP)

This is your Distress Management Plan. It belongs to you.

NAME

DATE

The Distress Management Plan is a resource to help you begin to explore and make sense of your distress. Using it can help you identify the reasons for your distress, problem-solve some of the issues that have contributed to your distress and identify ways of helping you to manage your distress now and in the longer term.

To make the most of your Distress Management Plan you may wish to:

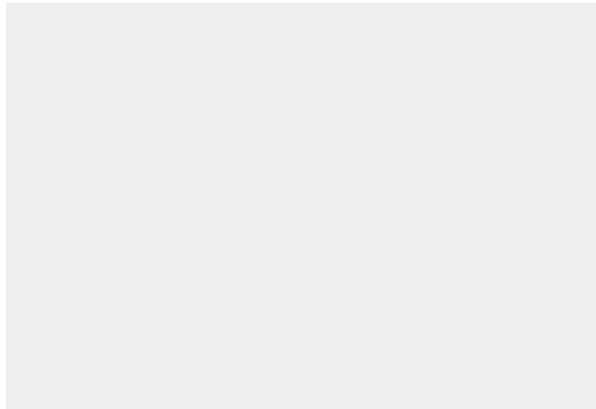
- ✓ use the D-MaP on your own or ask someone else to look at it with you
- ✓ keep your D-MaP in a safe place where you can easily access it when you want to. Some people like to have a printed copy. Others prefer to have a copy available on their phone, computer, or tablet
- ✓ share it with someone who supports you, such as a friend, parent, partner, or support service.
- ✓ update it or make changes in future

My Distress Management Plan (D-MaP)

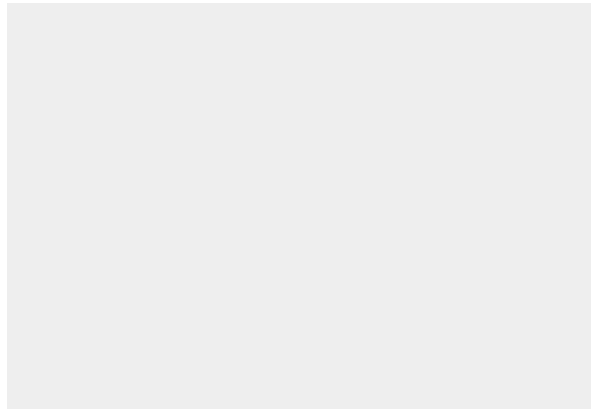
PART A: What led to me feeling distressed?

What things led to me feeling distressed recently?

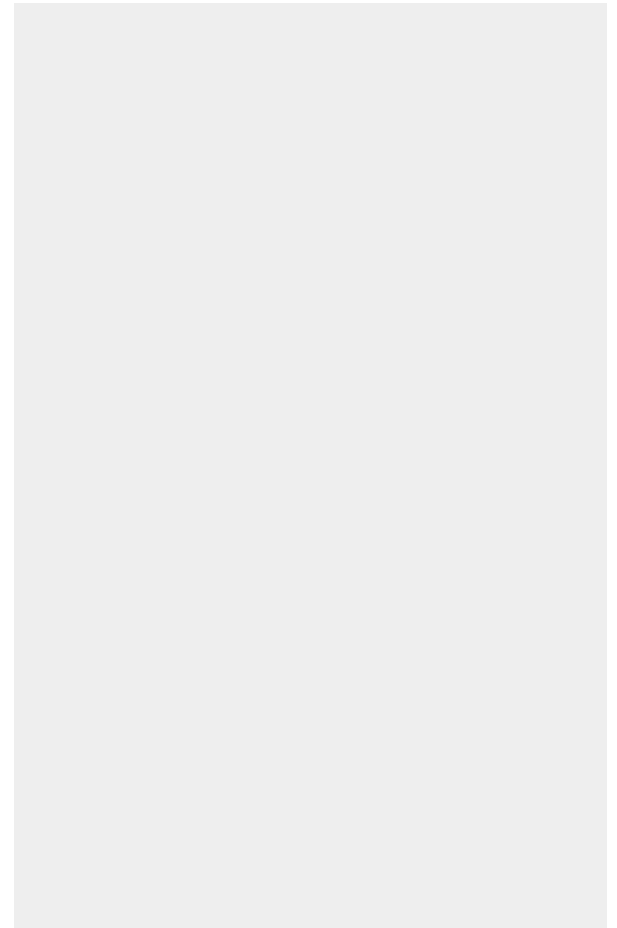
My Emotions



Family or Relationships



Other concerns...



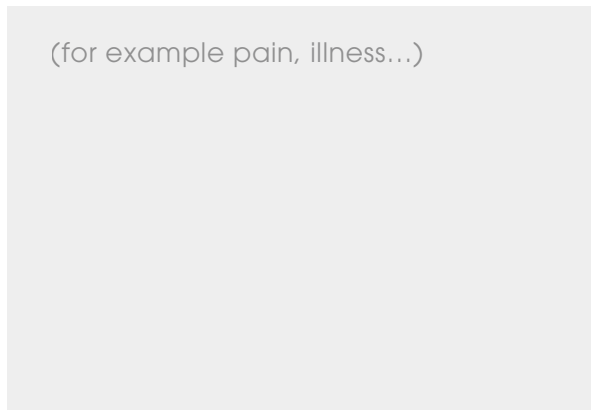
Practical

(for example housing, money...)



Physical

(for example pain, illness...)



My Distress Management Plan (D-MaP)

PART A: What led to me feeling distressed?

What has helped me in the past to manage in similar circumstances?

Family, friends, support services

Other...

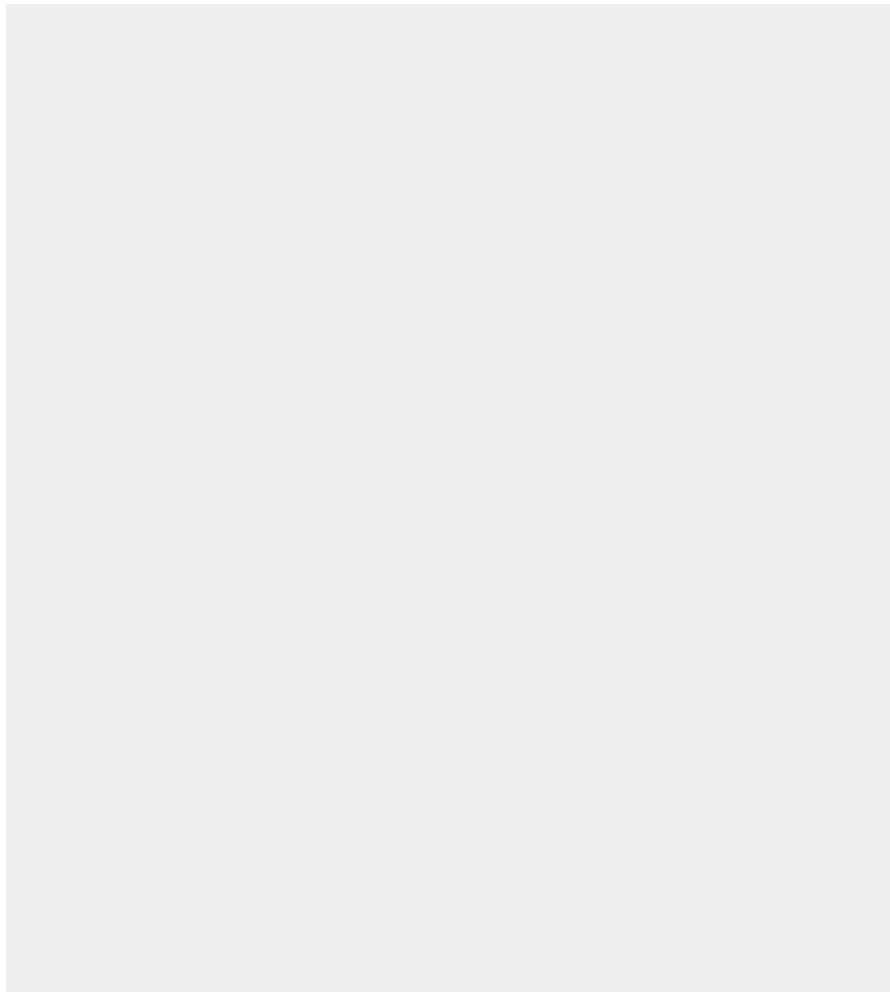
Activities

Coping Strategies

My Distress Management Plan (D-MaP)

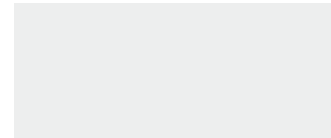
PART A: What led to me feeling distressed?

Background information



Please rate the number (0-10) that best describes how much distress you are currently experiencing.

Please put the number in the box

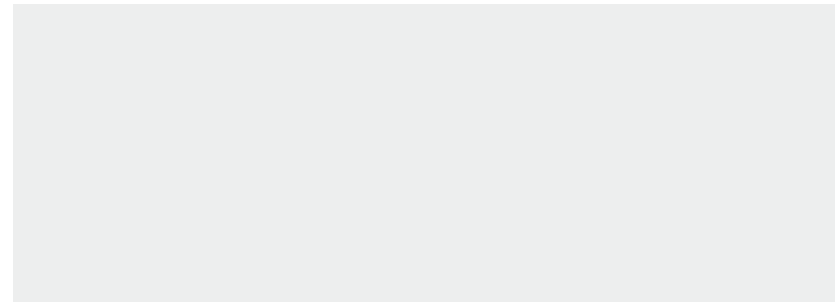


0 = No distress
10 = Extreme distress

Have you felt suicidal or harmed yourself recently?

Yes / No / Unsure

Do you receive care or support from any service?



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PART B: What I can do to help prevent me from feeling distressed?

Problems and challenges

What are the main things in my life that add to my distress?

Solutions

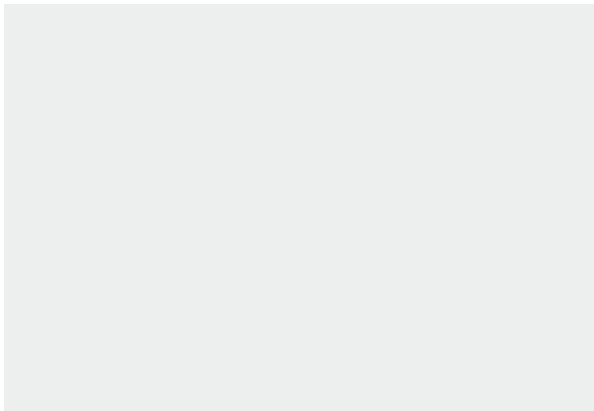
How to improve things...

My Distress Management Plan (D-MaP)

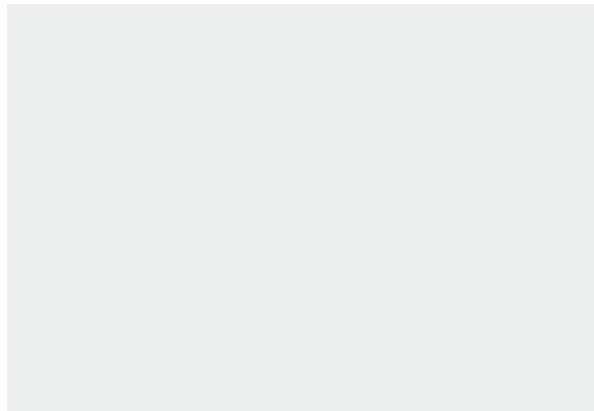
PART B: What I can do to help prevent me from feeling distressed?

ACTION PLAN

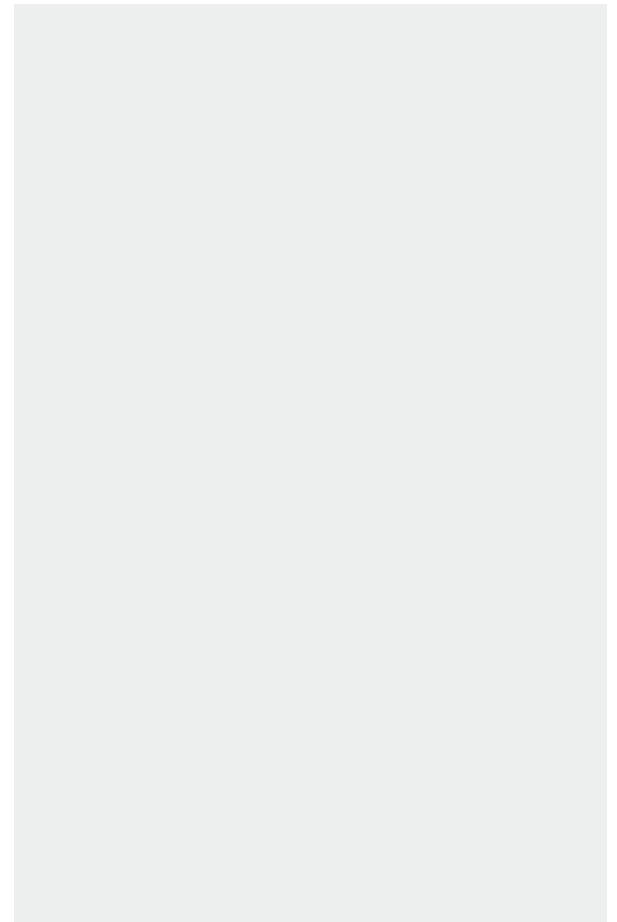
My overall goal is:



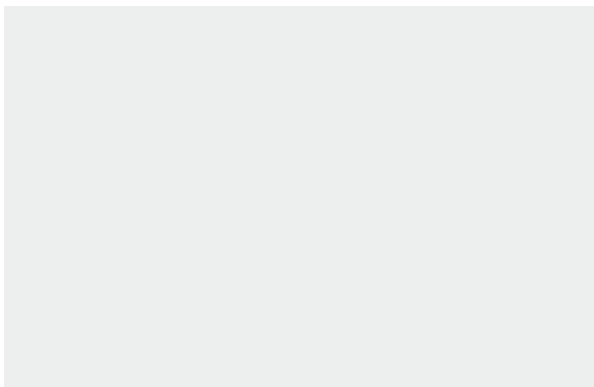
What will I do?



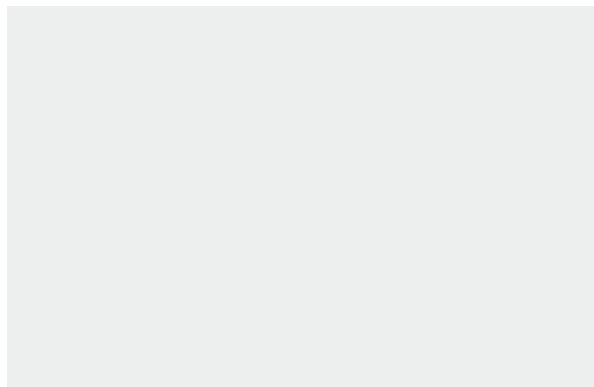
How will I do it?



Where will I do it?



When will I do it?



My Distress Management Plan (D-MaP)

PART C: What I can do when I am beginning to feel distressed...

Triggers

What things lead me to become distressed?

Support

If I feel like I need support, I can speak to or contact...

Warning Signs

What do I think about? How am I feeling? How am I behaving?

Coping Plans

What will I do if I think that I might become distressed? (If X, then I will Y)