



# Tulane University

*Not for oneself, but for one's own.*

## RESPONDENT SUPPORT RESOURCES

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**CASE MANAGEMENT & VICTIM  
SUPPORT SERVICES**

LBC Suite G02 | Monday-Friday | 8:30 AM- 5:00 PM  
(504) 314-2160 | [srss@tulane.edu](mailto:srss@tulane.edu) | [cmvss.tulane.edu](http://cmvss.tulane.edu)

# TABLE OF CONTENTS

## 3. NOTE FROM CMVSS

Introduction to this guide

## 4. RESOURCES

On-Campus Support Services

## 5-6. DEFINITIONS & TERMS

Terminology and Definitions surrounding sexual violence per the Student Code of Conduct and the national Title IX Regulations

## 7. NEXT STEPS WITH CMVSS

What happens when I choose to meet with CMVSS or disclose to faculty, staff, or friends?

## 8. OPTIONS AT CMVSS

What can CMVSS do for me during this time?

## 9-11. GRIEVANCE PROCEDURES

Overview of Tulane's duty to respond to reports of sexual misconduct.

## 12. LAW ENFORCEMENT INVESTIGATION

What to expect if your case has also been reported to the police

## 13. DISABILITY & REPORTING

What accommodations are available to me?

## 14. SUPPORT FOR INTERNATIONAL STUDENTS AND SCHOLARS

Where can I get support regarding a concern that may impact my status?

## 15. MINDFULNESS

What techniques and practices can I use for mindful living?

## 16-17. COLORING PAGES

A de-stress and self-care activity.

## 18. APPENDIX A: MENTAL HEALTH AND SAFETY PLANNING

A guide on creating a plan to address your unique physical, emotional, and basic needs



# NOTE FROM CMVSS

Being accused of sexual misconduct, dating violence, domestic violence, stalking, or retaliation can be confusing and stressful. Case Management and Victim Support Services can provide support to you while you are going through the conduct process. This resource guide provides campus and community resources that may be helpful to you during this time. Our office wants to ensure that you have all the assistance you need to help guide your future decisions.



# RESOURCES

Some resources defined as the following:

**Anonymous:** Your identity won't be known to the resource.

**Confidential:** Nothing will be shared without your permission, except in rare circumstances.

**Private:** Information is kept as private as possible, but will be shared with key staff members.

## Academic, Mental Health, and Reporting Resources

### Case Management & Victim Support Services (CMVSS)

**Private**

**504-314-2160 (business hours)**

**504-920-9900 (after hours)**

**[tulane.edu/concerns](http://tulane.edu/concerns)**

**[srss@tulane.edu](mailto:srss@tulane.edu)**

**Lavin Bernick Center (LBC) G02**

**Monday-Friday 8:30 am – 5 pm**

CMVSS offers assistance with a variety of supportive measures, including academic adjustments and support, health & counseling referrals, housing adjustments, reporting (to university and/or law enforcement), no contact orders, and ongoing support

### Concerns Report

**Private**

**[tulane.edu/concerns](http://tulane.edu/concerns)**

Any potential incident of sexual misconduct can be reported using the online form and selecting "Title IX/Sexual Misconduct" for type of report. Reports can be made anonymously; however Tulane will be limited in its ability to respond to anonymous reports.

### Counseling and Psychiatric Services (CAPS)

**Confidential**

**Uptown & Downtown Campuses**

**8:30 a.m. - 5:00 p.m. Mon-Fri**

**504-314-2277**

The Counseling Center offers students 12 free sessions per academic year. It provides both individual and group therapy as well as medication consultation and management. Same-day emergency appointments are offered at the Uptown Campus on the 1st floor of the Diboll Complex.

### Tulane Hazing Hotline

**Anonymous/Confidential**

**(504) 862-3111**

If you think you, or someone you know, is being hazed, please do not hesitate to text this number. Tulane will never reveal the source information – even if a fraternity or sorority is eventually sanctioned. Those reporting a concern should not fear that they or a student they know will suffer any consequences.

### The Line

**Confidential/Anonymous**

**504-264-6074**

The Line is a confidential 24-hour crisis hotline that offers immediate support for Tulane students over call.

### Student Affairs Professional On Call (SAPOC)

**Private**

**Contact: 504-920-9900 or [srss@tulane.edu](mailto:srss@tulane.edu)**

The SAPOC is a professional staff member from Case Management and Victim Support Services or Housing and Residence Life who is available 24/7 to provide immediate support and assistance for urgent student concerns.

### Office of Student Conduct

**Private**

**504-314-2160**

OSC is responsible for investigating reports where a Tulane student is alleged to have committed an act of sexual or gender-based harassment, sexual assault, stalking, or dating/domestic violence.

### Title IX Coordinator

**Private**

**504-865-5611**

**Jones Hall 308 OR Tidewater 1370**

The Title IX Coordinator ensures that all reports of sexual misconduct receive the appropriate response from the institution.

### TU Police Department Uptown

**Private**

**Emergency: 504-865-5911**

**Non-Emergency: 504-865-5381**

**Diboll Complex OR 1036 Broadway Street**

A TUPD officer can help you address safety concerns.

### TU Police Department Downtown

**Private**

**Emergency: 504-988-5555**

**Non-Emergency: 504-988-5531**

**1430 Tulane Avenue**

A TUPD officer can assist you in reporting to NOPD and help you address safety concerns.

### New Orleans Police Department (NOPD)

**(504) 821-2222 or 911**

The New Orleans Police Department (NOPD) investigates all reports of sexual violence in the city of New Orleans, including Tulane's campus

### Mental Health Complete

**Confidential**

**To Access Visit: [campushealth.tulane.edu/mental-health-complete](http://campushealth.tulane.edu/mental-health-complete)**

Mental Health Complete is a virtual mental health platform offering Tulane students convenient access to self-guided digital tools, coaching, therapy, and psychiatry—all from the privacy of their own spaces. Available at no additional cost to students who pay the Campus Health Fee, this resource complements Tulane's on-campus mental health services offered by Counseling and Psychiatric Services (CAPS). To create an account, students should visit [campushealth.tulane.edu/mental-health-complete](http://campushealth.tulane.edu/mental-health-complete) and follow the registration instructions.



# Definitions & Terminology

Depending on when, where, and what is alleged, different policies- and therefore different specific definitions - will apply. The following terms are defined as they are in the Tulane Code of Student Conduct. Regardless of which policy applies, the following types of sexual harassment and violence are prohibited at Tulane and may also be violations of Title IX. We encourage you to read them. Here are some general definitions:

## Sexual Violence

Sexual violence refers collectively to sexual assault, stalking, sexual harassment, dating/domestic violence, and sexual exploitation.

## Sexual Misconduct

Sexual Misconduct is how the Code of Student Conduct refers to acts of Sexual Violence when they are committed by students against any person, whether the conduct occurs on campus or off-campus.

## Sexual Assault

Sexual contact or attempted sexual contact with another individual without consent. An individual can be unable to consent because of age or because of temporary or permanent mental incapacity. Sexual Assault includes rape (sexual intercourse) and sexual touching (fondling).

- Sexual intercourse (anal, oral, or vaginal) including penetration with a body part (e.g. penis, finger, hand, or tongue) or an object, or requiring another to penetrate themselves with a body part or an object, however slight.
- Sexual touching of the private body parts, including, but not limited to, contact with the breasts, buttocks, groin, genitals, or other intimate part of an individual's body for the purpose of sexual gratification.

## Stalking

Engaging in a course of conduct directed at a specific person that would cause a reasonable person to fear for a person's safety or the safety of others or suffer substantial emotional distress.

## Consent

Consent is informed (knowing), voluntary (freely given), active (not passive), meaning that through the demonstration of clear words or actions, a person has indicated permission to engage in mutually agreed-upon sexual activity. Consent is ongoing and cannot be obtained by force or coercion or given while incapacitated.

## Force

Force includes the use of physical violence, threats, intimidation, and/or coercion.

## Coercion

Coercion is the use of an unreasonable amount of pressure to gain sexual access. Coercion is more than an effort to persuade, entice, or attract another person to have sex. When a person makes clear a decision not to participate in a particular form of sexual contact or sexual intercourse, continued pressure can be coercive.

## Incapacitation

A state in which the individual lacks the ability to make informed, rational judgements about whether or not to engage in sexual activity. A person who is incapacitated is unable, temporarily or permanently, to give Consent because of mental or physical helplessness, sleep, unconsciousness, or lack of awareness that sexual activity is taking place. A person may be incapacitated as a result of the consumption of alcohol or other drugs, or due to a temporary or permanent physical or mental health condition.

# Definitions & Terminology Continued

## Sexual Harassment

Sexual Harassment is prohibited by Tulane. Sexual Harassment includes two distinct but overlapping definitions:

- Tulane University

At Tulane, sexual harassment is any unwelcome sexual advance request for sexual favors, or other unwanted contact of a sexual nature, whether verbal, non-verbal, graphic, physical, or otherwise (including gender-based harassment on the basis of a person's gender identity or sexual orientation) that is so pervasive, persistent, or severe that it creates a hostile environment.

- Title IX

Title IX defines sexual harassment as a conduct on the basis of sex that satisfies one or more of the following: A Tulane employee conditions the provision of an aid, benefit, or service of Tulane on an individual's participating in unwelcome sexual conduct; Unwelcome contact that a reasonable person would determine to be so severe, pervasive, and objectively offensive that it effectively denies a person equal access to a Tulane education program or activity; or Sexual Assault, Dating Violence, Domestic Violence, and Stalking.

- Quid Pro Quo Sexual Harassment

Both Tulane and Title IX prohibit Quid Pro Quo Sexual Harassment, which occurs when a person conditions a benefit or service in a Tulane education program or activity on an individual's participation in unwelcome sexual conduct (like a professor offering a better grade in exchange for a date). Title IX, though, applies only if that person is an employee.

## Dating/Domestic Violence

Violence that occurs between individuals who are or have been in a social relationship of a romantic or intimate nature. Dating/Domestic Violence includes sexual or physical abuse or the threat of such abuse.

## Sexual Exploitation

Sexual exploitation refers to specific forms sexual misconduct that involve non-consensual use of another individual's nudity or sexuality, excluding behavior that constitutes one of the other Sexual Misconduct offenses.

Examples include voyeurism, administering alcohol or drugs to another person for the purpose of making that person vulnerable to non-consensual sexual activity, and knowingly exposing another individual to a sexually transmitted infection or virus without the other individual's knowledge.

## Hazing

Hazing includes, but is not limited to, acts of servitude and/or behavior that humiliates, degrades, embarrasses, harasses or ridicules a individual, or otherwise is harmful or potentially harmful to an individual's physical, emotional, or psychological well being, as an actual or apparent condition for initial or continued affiliation with any group. A student or organization violates this standard regardless of either lack of intent to cause harm or the hazed individual's own willingness to participate.

## Victim Blaming

Victim blaming is when the victim/survivor of a crime or any wrongful act is held entirely or partially responsible for the harm that befell them. Some examples of victim blaming include "he should have liked it", "she was drunk; she must not remember things correctly", and "I know he is a really nice person and he would never do something like that. that."



# What Do Next Steps Look Like?

When a person is accused of sexual violence or harassment, it can be stressful and confusing. Tulane wants to ensure that students are well informed and supported. **You know yourself best, and only you know what you need.** Generally, though, when the Office of Student Conduct notifies Case Management and Victim Support Services (CMVSS) of a case involving a respondent, CMVSS will reach out to you to offer support and you can determine which resources and support options best meet your needs.

## What happens when I talk to CMVSS?

CMVSS will reach out to the respondent using a combination of emails, texts, and calls, as appropriate, to ensure the well-being of the individual and offer support. Respondents are encouraged to schedule a meeting with CMVSS to discuss:

- What supportive measures and safety measures are available. Students seeking support from CMVSS do not need to disclose any details that they are not comfortable sharing. These supportive and safety measures can include:
  - a no contact order and information about how to obtain a protective order
  - housing support and accommodations
  - academic assistance and supportive measures
  - referrals for on- and off-campus medical and mental health services
- What support is available through investigative and grievance processes. CMVSS can connect students with the Office of Student Conduct, the Equal Opportunity & Resolution Management Department, and the Title IX Coordinator to help address questions about Tulane investigations and processes. CMVSS can also connect students with law enforcement, including TUPD and NOPD.

# Options at CMVSS

Case Management & Victim Support Services offers a variety of supportive services for respondents in sexual misconduct cases. These include:

## **No Contact Orders or “NCOs”**

You may request an NCO with another Tulane student, including complainants and witnesses in your case. NCOs are issued to enhance safety, prevent retaliation, and avoid an ongoing hostile environment. A No Contact Order is issued between two students, mutually directing the students to not have contact with one another. “Contact” includes, but is not limited to, face-to-face, phone call, email, text message, instant messages, social networking sites, campus and/or regular mail, or communicating through a third party.

- You can also file for a **protective order** (commonly known as a restraining order) through the civil court system. CMVSS can assist you in filing for a protective order. To learn more about Protective Orders, you can also visit: <https://tinyurl.com/Protective-Orders>.

## **Housing Support and Adjustments**

If you feel unsafe or are worried about contact with the complainant in your current living situation, you can request housing support. If you live on campus, you can request to move to new on-campus housing. If you live off-campus, you can request to move on-campus.

**Emergency housing** can be requested when there is an immediate threat to your safety. If you need emergency housing after hours, please contact the Student Affairs Professional On-Call at 504-920-9900.

## **Academic Assistance and Supportive Measures**

Academic support can include, but are not limited to: extensions on assignments, rescheduling exams, reducing your course load, requesting consideration for absences, and changes to your class schedule to avoid contact with another student. If you request any of these supportive measures, your case manager will work with you to determine what level of detail you are comfortable sharing with your instructors.

## **Medical Leave of Absence**

If the impact of your case is significantly affecting your ability to complete your courses, you can request a leave of absence. CMVSS can provide more information about your options for a leave of absence.

## **Communicating directly with your professors**

Professors are typically understanding of extenuating circumstances. If you feel comfortable, you can communicate with your professor directly to request support. CMVSS can advocate on your behalf.



# Grievance Procedures

## Process Overview

As Tulane University is made aware of incidents of sexual misconduct impacting students, employees, staff, and members of faculty; it is through consultation between the Director of Student Conduct, Title IX Coordinator, and the Director of the Equal Opportunity & Resolution Department to determine which office is best situated to **respond** and **investigate** in accordance with written policy (investigations are completed by the Office of Student Conduct and Equal Opportunity & Resolution Management Department).

## Support

Tulane will provide **support** and **resources** to all parties involved during and after the investigation process. While the concern is being reviewed, interim measures may be put into place to ensure a safe learning and working environment.

## Timing

Tulane will seek to resolve all matters **promptly** and **equitably**. Special timeframes apply to incidents involving sexual misconduct, with Tulane seeking to resolve the case within 180 "business days" (not including weekends or holidays) or less.

Time frames may be extended as necessary to ensure the integrity and completeness of the investigation with best efforts being made to complete the process in a timely manner by balancing the need for **thoroughness, fundamental fairness**, and **promptness**.

# Grievance Procedures

## Equity

Tulane University will **promptly** and **equitably** respond to all reports of discrimination and harassment in order to **eliminate prohibited conduct, prevent its recurrence**, and **address its effects** on an individual or the community.

## Evidence

Tulane utilizes the "**preponderance of evidence**" standard to determine whether any transgression has occurred. This standard means that there should be a sufficient quantity of information of sufficient quality for the investigator to make a responsible determination that, **more likely than not**, any violation of rules or policy has occurred.

## Sanctions

**Sanctions** for a finding of responsibility for cases involving sexual misconduct can range from a warning to expulsion and may also include a variety of educational sanctions. Supportive Measures cannot be used as sanctions.

# Grievance Procedures

## Rights of Students

- Both the complainant and the respondents have the right to:
- a prompt, fair, and impartial process conducted by officials who receive annual training on issues related to dating violence, domestic violence, sexual assault, and stalking
  - Have others present during any institutional disciplinary proceeding, including the opportunity to be accompanied to any related meeting or proceeding by an advisor of your choice
  - Notification, in writing, of the result of any institutional disciplinary proceeding from your report of dating violence, domestic violence, sexual assault, or stalking; the institution's procedures to appeal the results; any change to the results, and when the results become final

## To file a report or to discuss the reporting process further:

To **make a report against a student**, contact: Julia Broussard, Assistant Provost for Title IX, [jbrouss@tulane.edu](mailto:jbrouss@tulane.edu)

To **make a report against an employee or member of staff/faculty**, contact: Tiffany Smith, Director of Equal Opportunity & Resolution Management, [tsmith44@tulane.edu](mailto:tsmith44@tulane.edu)



# Law Enforcement Investigations

The New Orleans Police Department (NOPD) investigates all reports of sexual violence in the city of New Orleans, including Tulane's campus.

## What happens when an individual reports to Law Enforcement?

- **A report is made.**
- **An investigation begins.** Once NOPD is contacted, they will work to investigate the incident and collect evidence.
- **The District Attorney's office is informed.** NOPD will share information with the District Attorney's office, who then determines whether or not the case is prosecuted.
- **A decision is made on an arrest and charges.** NOPD and the DA's office will ultimately determine whether or not an arrest is made and charges are pursued.

Case Management and Victim Support Services (CMVSS) can provide support for respondents if they are navigating a law enforcement or criminal justice process in addition to any university processes.

# Disability Resources

Do you have accommodations through the Goldman Center or think you might qualify for accommodations?

Under section 504 of the Rehabilitation Act and/or the American's with Disabilities Act, these accommodations can extend to the reporting, investigation, and resolution process!

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Contact the Goldman Center to learn more by emailing [goldman@tulane.edu](mailto:goldman@tulane.edu) or calling 504-862-8433. Your case manager at CMVSS can also help you to connect with the Goldman Center and to learn more about your options.

# Support for International Students

International students are encouraged to connect with the Office of International Students and Scholars (OISS) to understand how any changes to their courseload or Office of Student Conduct sanctions may affect their immigration status.

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You can directly schedule with your OISS advisor by visiting:  
<https://oiss.tulane.edu/about/make-appointment-international-student-scholar-advisor>

Your case manager at CMVSS can also help you connect with OISS to learn more about your rights and options.



# Mindfulness Techniques

To connect with the here and now, do something (or several things) that will bring all your attention to the present moment. Try some of these grounding and mindfulness techniques if you are experiencing distressing emotions.



## Sight



- Take a mental inventory of everything around you.
- Count all the pieces of furniture around you.
- Put on your favorite movie or TV show.
- Play a distracting game on your tablet, computer, or smartphone.
- Complete a crossword puzzle, sudoku, word search, or other puzzles.
- Read a book or magazine.



## Touch



- Hold an ice cube and let it melt in your hand.
- Put your hands under running water.
- Take a hot or cool shower.
- Grab an object and concentrate on what it feels like.
- Pop some bubble wrap.
- Massage your temples.
- If you have a pet, cuddle and pet them.
- Drink a hot or cold beverage.



## Smell



- Sniff strong peppermint.
- Light a scented candle or melt scented wax.
- Get some essential oils and smell one.



## Taste



- Bite into a lemon or lime.
- Suck on a mint or chew peppermint or cinnamon gum.
- Take a bite of a pepper or some hot salsa.
- Let a piece of chocolate melt in your mouth.



## Sound



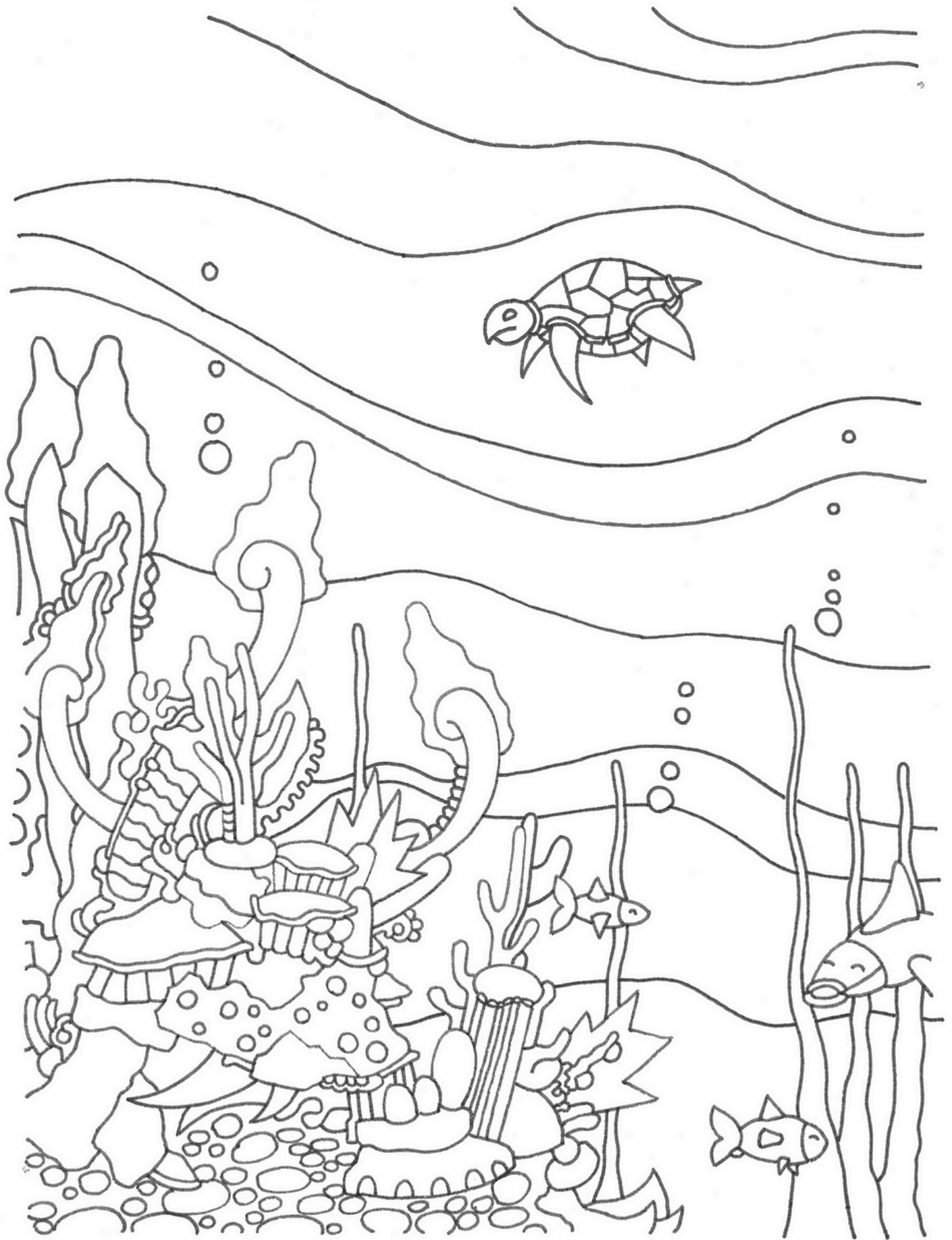
- Turn up the radio or blast your favorite song.
- Call a loved one.
- Put on some nature sounds.
- Read out loud.



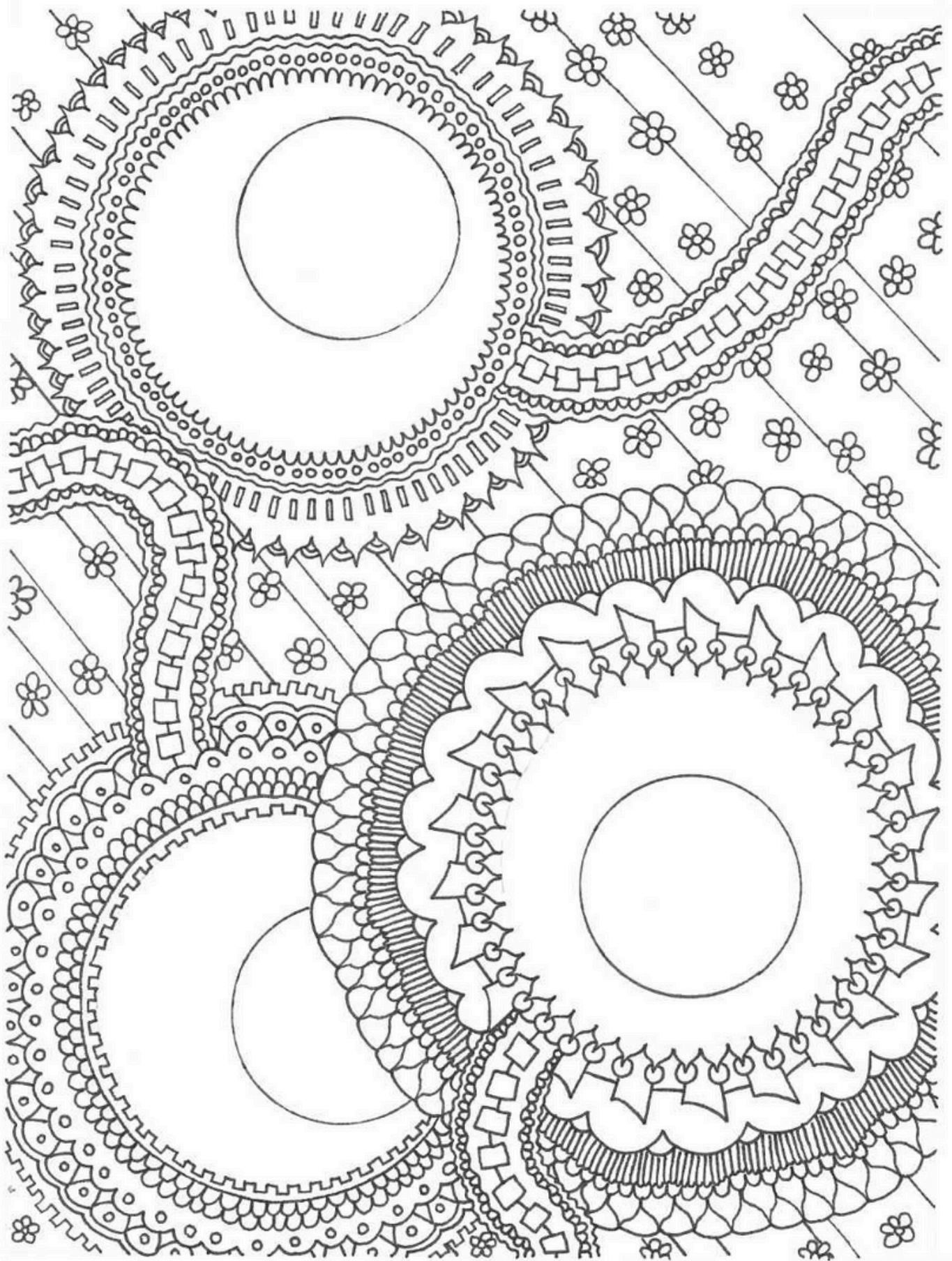
## Other



- Write in a journal.
- Write a letter or card to someone you care about.
- Dance.
- Stretch your arms, neck, and legs.
- Go for a walk or run.
- Take 10 slow, deep breaths.
- Go to another room or area for a change of scenery.



andrew mahaffie



andrew mahaffie



## Appendix A: Mental Health Support and Safety Planning Guide

The following guide allows respondents to craft a personalized self-care and safety plan for their own **physical, emotional, and basic needs**. A good safety plan is tailored to your unique situation and needs: you may find that some sections of this guide are relevant to you, while others are not. Case Management and Victim Support Services can assist you in creating your safety plan.



# Building a Self-Care Plan

# Building a Self-Care Plan

When it comes to self-care plans, there is no one-size-fits-all option. We all have different needs, strengths, and limitations. The following four-step process will help you to build a plan that's just right for you.



## Step 1: Evaluate Your Coping Skills

Examining your own habits is an important first step in developing a self-care plan. How do you typically deal with life's demands? Can you identify when you need to take a break?

When faced with challenges, we can use either positive coping strategies or negative coping strategies. Below are a few examples of each. Which strategies do you use?

### **Positive Negative**

- Deep breathing • Yelling
- Stretching • Acting aggressively
- Meditation • Overeating
- Listening to music • Drinking excessive amounts of alcohol
- Exercising • Smoking
- Reading • Pacing
- Going for a walk • Biting your fingernails
- Taking a bath • Taking drugs
- Socializing with friends • Skipping meals
  - Sitting outside and relaxing • Withdrawing from family and friends
- Engaging in a hobby • Dangerous driving

Be honest when evaluating your current behaviours. If you find yourself lashing out or reaching for a cigarette instead of taking a deep breath and refocusing during periods of frustration, it may be time to re-evaluate your go-to coping skills.

## Step 2: Identify Your Self-Care Needs

We are all faced with unique challenges and no two people have the same self-care needs.

Take a moment to consider what you value and need in your everyday life (daily self-care needs) versus what you value and need in the event of a crisis (emergency self-care needs). Remember that self-care extends far beyond your basic physical needs: consider your psychological, emotional, spiritual, social, financial, and workplace well-being.

### Daily Self-Care

What are you doing to support your overall well-being on a day-to-day basis? Do you engage in self-care practices now? Are you more active in some areas of self-care than others? You can use the table below to help you determine which areas may need more support.

Area of Self-Care	Current Practices	Practices to Try
<b>Physical</b> (e.g. eat regular and healthy meals, good sleep habits, regular exercise, medical check-ups, etc.)		
<b>Emotional</b> (e.g. engage in positive activities, acknowledge my own accomplishments, express emotions in a healthy way, etc.)		
<b>Spiritual</b> (e.g. read inspirational literature, self-reflection, spend time in nature, meditate, explore spiritual connections, etc.)		
<b>Professional</b> (e.g. pursue meaningful work, maintain work-life balance, positive relationships with co-workers, time management skills, etc.)		
<b>Social</b> (e.g. healthy relationships, make time for family/friends, schedule dates with partner/spouse, ask for support from family and friends, etc.)		
<b>Financial</b> (e.g. understand how finances impact your quality of life, create a budget or financial plan, pay off debt, etc.)		
<b>Psychological</b> (e.g. take time for yourself, disconnect from electronic devices, journal, pursue new interests, learn new skills, access psychotherapy, life coaching, or counselling support through your EFAP if needed, etc.)		



## Step 2: Identify Your Self-Care Needs(continued)

### Emergency Self-Care

When you are faced with a crisis, you likely won't have time to create a coping strategy. Take time to develop a plan in advance so it's there when you need it.

Try completing the following table to help identify your unique self-care needs during times of distress.



Emergency Self-Care Tools	Helpful (What To Do)	Harmful (What To Avoid)
<b>Relaxation/Staying Calm</b> Which activities help you to relax (e.g. deep breathing, taking a walk)? Which activities make you more agitated or frustrated (e.g. yelling, swearing, or drinking)?		
<b>Self-Talk</b> Helpful self-talk may include, "I am safe/I can do this." Harmful self-talk may include, "I can't handle this/I knew this would happen/I deserve this."		
<b>Social Support</b> Which family members and friends can you reach out to for help or support? Which people should you avoid during times of stress? Be honest about who helps and who zaps your energy.		
<b>Mood</b> Which activities support a positive mood (e.g. listening to uplifting music, enjoying the sunshine)? What should you avoid when times get tough (e.g. staying in bed all day, avoiding social activities)?		
<b>Resilience</b> What, or who, helps you to get through difficult times? What helps you bounce back? Conversely, what or who feeds negativity for you?		

## Step 3: Barriers and Areas for Improvement



### Reflect

Reflect on the existing coping strategies and self-care tools you have outlined in the previous activities. What's working? What isn't working? Keep the helpful tools, and ditch the stuff that doesn't help you.

### Examine

Are there barriers to maintaining your self-care? Examine how you can address these barriers. Start taking steps toward incorporating new strategies and tools that will benefit your health and well-being.

### Replace

Work on reducing, and then eliminating, negative coping strategies. If you find yourself using negative strategies, then begin by choosing one action you feel is most harmful and identify a positive strategy to replace it. Positive coping skills are an important part of your self-care toolkit.

## Step 4: Create Your Self-Care Plan

Once you've determined your personal needs and strategy, write it down. Your self-care plan can be as simple or complex as you need it to be. You may choose to keep a detailed plan at home and carry a simplified version in your wallet, in your purse, or on your phone. Here is an example of how your simplified self-care plan might look:

MY DAILY SELF-CARE PLAN					
Body	Mind	Spirit	Emotions	Relationships	Work
List your favourite practices for each category.					

MY TOP THREE POSITIVE COPING STRATEGIES
Record three strategies you want to get in the habit of using.

MY EMERGENCY SELF-CARE PLAN	
Helpful (To Do)	Harmful (To Avoid)
List your top five emergency self-care practices.	List five practices, people, places, or things to avoid during times of crisis or stress. This will serve as a helpful reminder to keep you on-track.

Now that you've created your self-care plan, look at it regularly. It takes time to form good habits. Make a commitment to yourself and practice your self-care routine as often as possible – you're worth it.

# Safety Plan Template

Step 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:

- 1.
- 2.
- 3.

Step 2: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):

- 1.
- 2.
- 3.

Step 3: People and social settings that provide distraction:

- 1.Name \_\_\_\_\_ Phone \_\_\_\_\_
- 2.Name \_\_\_\_\_ Phone \_\_\_\_\_
- 3.Place \_\_\_\_\_ 4. Place \_\_\_\_\_

Step 4: People whom I can ask for help:

- 1.Name \_\_\_\_\_ Phone \_\_\_\_\_
- 2.Name \_\_\_\_\_ Phone \_\_\_\_\_
- 3.Name \_\_\_\_\_ Phone \_\_\_\_\_

Step 5: Professionals or agencies I can contact during a crisis:

- 1.Clinician Name \_\_\_\_\_ Phone \_\_\_\_\_  
Clinician Pager or Emergency Contact # \_\_\_\_\_
- 2.Clinician Name \_\_\_\_\_ Phone \_\_\_\_\_  
Clinician Pager or Emergency Contact # \_\_\_\_\_
- 3.Local Urgent Care Services \_\_\_\_\_  
Urgent Care Services Address \_\_\_\_\_  
Urgent Care Services Phone \_\_\_\_\_
- 4.Suicide Prevention Lifeline Phone: 988 (Call or Text 24/7)

Step 6: Making the environment safe:

1. \_\_\_\_\_
2. \_\_\_\_\_

\_\_\_\_\_  
The one thing that is most important to me and worth living for is:

\_\_\_\_\_





## Brainstorm: Self-Care Activities



# Brainstorm: Self-Care Activities



Need help identifying self-care activities to incorporate into your practice? Consider these ideas:

- Write in a journal
- Volunteer for a cause meaningful to you
- Make a gratitude list
- Take a fresh air break
- Meditate or listen to guided visualization
- Cuddle with pets
- Treat yourself to a nice meal
- Take a nap
- Listen to music
- Practice yoga
- Lay in the grass
- Go for a nature walk
- Photography
- Read a good book
- Write a blog
- Try a new hobby
- Have an adventure day
- Get a massage
- Buy yourself flowers
- Turn off electronic devices
- Have a movie marathon
- Play a game
- Dance
- Wear something that makes you feel confident
- Browse your local music store or bookstore
- Join a support group
- Have a game night with friends
- Work in the garden
- Get creative: draw, paint, write a song, or cook a new meal