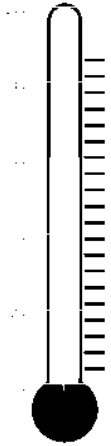


Wise Support Plan



Wise Support Plan

Name:

Date:

Stage 3- Immediate Emergency Support

Stage 2- Action Planning

Stage 1 – Mindful Management Support

Stage 1 – Mindful Management Support

Coping Strategies	Organisational Support
1.	1.
2.	2.
3.	3.
<i>(e.g. Consider mindful breathing, going for a walk, relaxation activities, physical activity, doing something pleasurable, activate senses).</i>	<i>(e.g. EAP, Peer Support, Wellbeing Advisor, Family/ Friends)</i>

Stage 2- Action Planning

What three things would make this OK for you now?	Who will be involved in this?
1.	1.
2.	2.
3.	3.
<i>(e.g. Mentoring/training, time off/ flexibility, review work load and type, amend work type/ break or team work)</i>	

Stage 3- Immediate Emergency Support

1. Manager Assist
2. Welfare Checks
3. Call EAP together
4. Call GP together to make appointment
5. Call OOO

Follow Up

Review action plan on:	/ /	at	am/ pm
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