

WELLNESS PLAN

WHAT CAN YOU DO?



I AM UNWELL BUT I NEED TO WAIT FOR SUPPORT! WHAT CAN I DO?

Firstly, *know that you are not alone.*

Many in our communities identify with struggling to maintain their sense wellness due to their experiences in this world. Our peer team can relate to being unwell and have also experienced the challenges that come from waiting for support while unwell. We have drawn from our collective experiences to create this wellness plan as a support option while you wait to be connected with one of our peer workers.

Wellness is a self-defined concept meaning that you get to decide what wellness looks like for you. This is something that we can support you to define after you have connected with your peer worker if you would like.



WHAT CAN I DO?

There are many ways that we might support ourselves when we are feeling low. You might find it hard to think of things that you could do, particularly if you are overwhelmed. So, we have put together a list of things that are known to be helpful.



WHAT CAN I DO?

Reach out to
trusted people

Consider inviting
someone to run
errands and complete
responsibilities with

Eat a favourite
meal/snack

Have a glass of water
or other
favourite drink

Create –
drawing/painting,
playing music, dancing,
doing craft
activities, journaling

Hugs from trusted
people or yourself–
for those who
like hugs.

Cuddles and quality
time with fur babies.

Watch your favourite
comfort show/movie.

Visit places that bring
you comfort, joy,
peace or
spiritual connection

Take small moments
to stand in the
sunshine, feel grass
under your feet, the
breeze on your skin.

Move, small gentle
movements or
stretches that are
accessible to you

WHAT CAN I DO?



If you respond well to deep pressure – weighted blankets can help to ground and self-soothe.



If weighted blankets are too heavy – weighted plushies/soft toys



Listening to 8d music with headphones, Spotify & Youtube have plenty of playlists <https://open.spotify.com/artist/5fOzKeaM5PmZ2BcKKAAtFeq?si=0IWQJvWtRzew3p8IBnB3KQ>



https://open.spotify.com/artist/6PC3Jy6f6JmABXbfbtYc9L?si=nXEOJSXjTh6vfVGskE5P_w (sleep playlist)

Note: Sometimes no matter what you do the feeling might not go away and that is okay too. It does not mean you are broken, or something is wrong with you; it is purely a reflection of how hard living can be. Sometimes all we can do is wait it out and comfort ourselves in any way we can

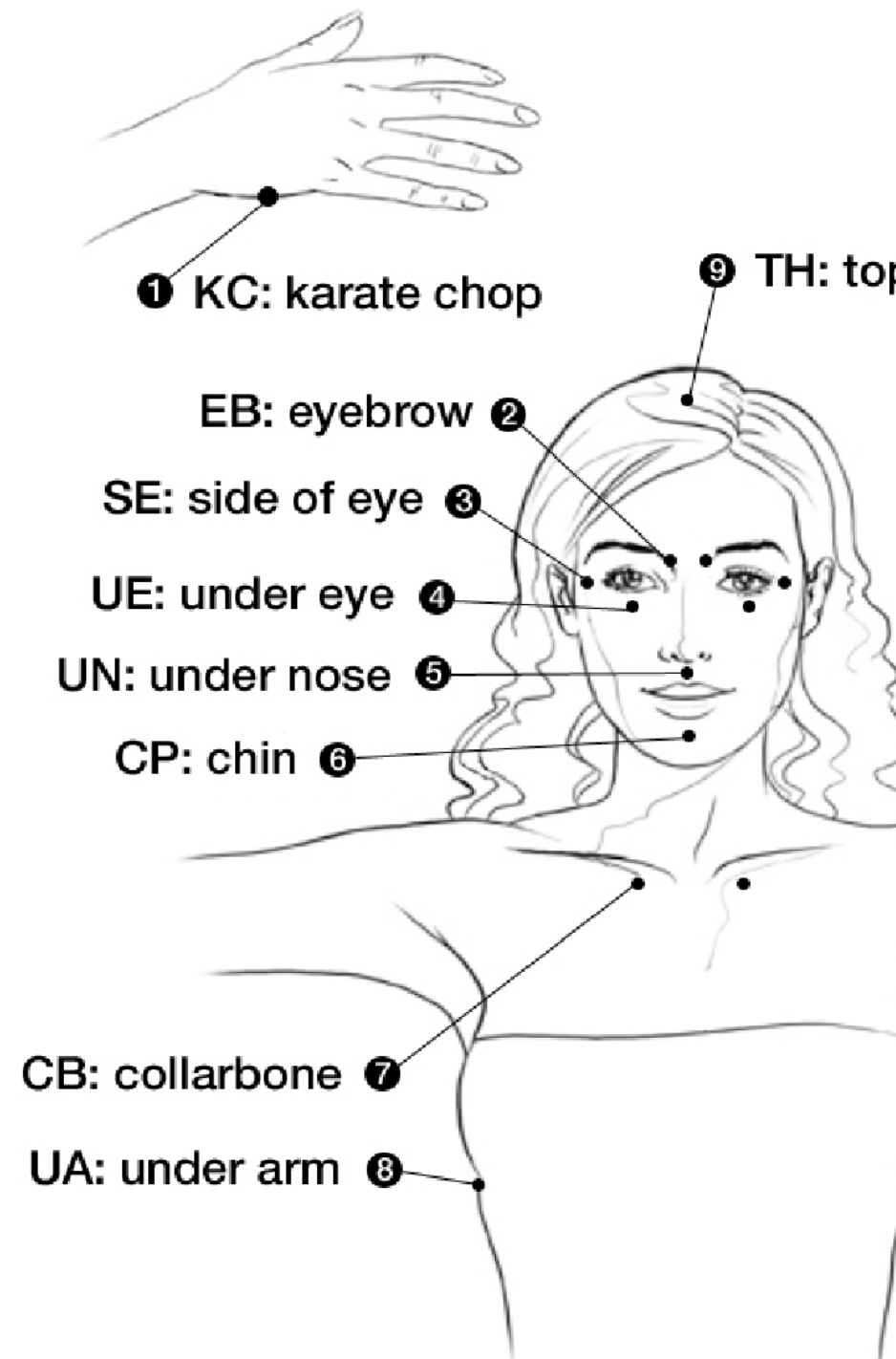
A person stands on the peak of a dark, jagged mountain. The scene is bathed in the warm, golden light of a low sun, creating long shadows and a hazy atmosphere. The person is a small silhouette against the bright sky.

HELPFUL TECHNIQUES

BODY & MIND

TAPPING

- Tapping, or EFT (Emotional Freedom Technique)
1. Identify the feeling (name the emotion or locate a sensation in body)
 2. Rate intensity from 0 –10
 3. Create a phrase that feels right for you, starting with "even though".
 - "Even though I feel scared, I accept this feeling"
 - "Even though I feel uncomfortable, I accept myself as I am right now"
 4. Tap one spot for a few moments whilst saying the phrase. Move through spots on the body slowly.
 5. Check in with the intensity as you go. If it's still higher than you'd like, keep moving until the number reduces to a level that's better for you.



GROUNDING

-Take off your shoes, walk in the grass and feel the earth under your feet. If you'd like you can imagine tree roots growing down from your feet, anchoring you to the ground

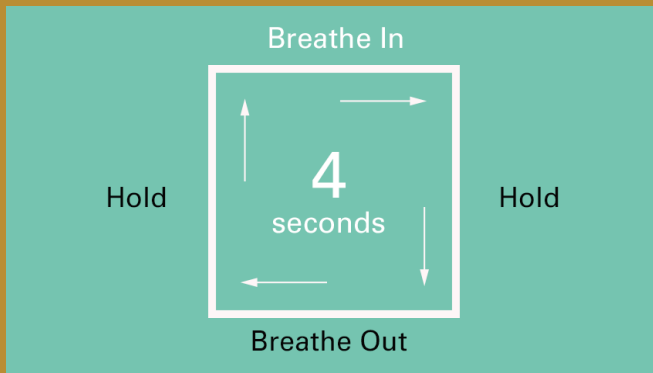
-Say what emotion you feel out loud e.g "I feel sad, angry, scared". If you have a safe person, ask them if you can look into their eyes as you share this feeling and for them to validate -"It's okay for you to feel sad/angry/scared".

-Eat a strong flavoured food like a mint, sour candy or ice cubes and focus on the experience



BREATHING

- -Alternate Nostril Breathing: [Video demo](#)
- -For Panic Attacks: Avoid deep breathing. Slow shallow breaths reduce symptoms of hyperventilation.
- (If you feel adverse effects — such as shortness of breath, feeling lightheaded, dizzy, or nauseous, feelings of agitation or that it triggers any mental or physical symptoms, return to regular breathing or try singing or humming)
- **Box Breathing**





Support Groups

WHERE CAN YOU FIND HELP?

SUPPORT GROUPS

Discharged: Trans and Gender Diverse alternatives to suicide (Alt2Su) **free** online group

Email info@discharged.asn.au to join the group

5:00-6:30pm (AWST), every Wednesday

Online Trans and Gender Diverse DISCHARGED Suicide Peer Support Group — DISCHARGED

LGBTQ+ Alt2Su free online group meeting via Zoom.

Email alt2su.lgbtq@gmail.com to join the group

6-7:30pm AEST, every Wednesday

More groups can be found: [Alt2Su – NSW \(alt2su-nsw.net\)](http://alt2su-nsw.net)

SAFE HAVENS:

Newtown Safe Haven:

Address: 168 Missenden Road, Newtown NSW 2047

Open: 10am to 4pm Monday, Wednesday,
Thursday and Friday

Phone: (02) 9562 5830

Email: [**SLHD-SafeHaven@health.nsw.gov.au**](mailto:SLHD-SafeHaven@health.nsw.gov.au)

Newcastle Safe Haven:

Address: 22 Stewart Avenue, Hamilton East NSW 2303

Open: 4pm to 9pm Friday to Sunday

Email: [**HNELHD-NewcastleSafeHavenHub@health.nsw.gov.au**](mailto:HNELHD-NewcastleSafeHavenHub@health.nsw.gov.au)

There are multiple locations across NSW to find the nearest near you go to [Safe Haven - Towards Zero Suicides \(nsw.gov.au\)](https://www.nsw.gov.au/safe-haven)

A Safe Haven is a place you can go if you're feeling distressed or having suicidal thoughts. It is a safe place where you can talk openly about how you are feeling and what you're going through. It's free and you don't need an appointment.

A woman with glasses and a yellow shirt is talking on a mobile phone. She is sitting at a desk with a laptop and a small potted plant in the background.

CRISIS SUPPORT NUMBERS

Lifeline- 13 11 14

Qlife (3pm-midnight)- 1800 184 527

Suicide Call Back Service-1300 659
467

Mental Health Access Line- 1800 011
511

Beyond Blue- 1300 22 4636

Yarning Safe and Strong-

Sexual Health Hotline-
1800 451 624 1800 959
563 (mob only)

13YARN- 13 92 76 (mob only)

Kids Helpline- 1800 043 470

NSW Domestic Violence Line- 1800 656
463

Link2Home- 1800 152 152

Alcohol and other Drugs Information
Service (ADIS)- 1800 250 015

Rainbow Sexual, Domestic & Family
Violence Service Help Line- 1800 385
578

Blue Knot Foundation for Complex
Trauma - 1300 657 380

Other Helpful Links

WEBSITES

- [Seasons of Wellbeing — TransHub](#)
- [Safety Plan - Here](#)
- [Create your Beyond Now safety plan online - Beyond Blue](#)