

# Help right now



Four pages for the moment when everyday life is caving in. Start from the top: pain and illness are always checked first.

FREE · HELP NOW

|                                 |      |
|---------------------------------|------|
| Somatic checklist: is this pain | s. 2 |
| Calming strategies              | s. 3 |
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| Safety plan                     | s. 5 |

**This is yours.** You do not need an account, an email address or money. Print only the pages you need, and pass it on if it helps someone.

# Somatic Checklist

Before a behaviour plan: rule out physical causes

**Sudden behaviour change = physical assessment first. Not punishment, not behaviour therapy.**

A non-speaking person can't say "it hurts" - behaviour communicates it for them.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Filled by: \_\_\_\_\_

## PAIN

- ☐ Teeth - cavities, gum inflammation, wisdom teeth?
- ☐ Ears - ear infection, wax buildup?
- ☐ Headache - tension headache, migraine?
- ☐ Skin - wounds, infection, itching, chafing?
- ☐ Bones / joints - sprain, fracture, growing pains?



## STOMACH & GUT

- ☐ Constipation - how many days since last movement?
- ☐ Diarrhea, reflux, stomach pain?
- ☐ Food allergy or intolerance?
- ☐ Eating changes - refuses food, eats differently?



## SLEEP & ENERGY

- ☐ Sleeping enough? Waking at night?
- ☐ Sleep apnea or breathing issues?
- ☐ Signs of daytime fatigue?
- ☐ Changes in sleep pattern?



## MEDICATION & HEALTH

- ☐ Medication changes recently?
- ☐ Side effects - restlessness, fatigue, nausea?
- ☐ Fever, cold, infection?
- ☐ Allergy - pollen, animals, food?
- ☐ Menstruation / hormonal changes?



## SENSES & ENVIRONMENT

- ☐ Hearing - any changes in hearing?
- ☐ Vision - seeing well? Red eyes?
- ☐ Clothes - chafing, too tight?
- ☐ New things in environment - smells, sounds, lights?



Notes / to tell the doctor:

# Calming Strategies

The adult picks one strategy and tries it. It does not have to work at once. Practice helps.



## Breathe

### The adult breathes calmly

Breathe slowly yourself, the out-breath longer than the in-breath. Their nervous system mirrors your calm. Do not ask them to breathe along.



## Pause

### Stop for a moment

Everything is allowed to stop. Let the nervous system rest.



## Drink

### Water or a warm drink

In a calm moment, drinking and swallowing soothe the body. Do not offer a drink during an overflow.



## Headphones

### Dampen the noise

Noise-cancelling headphones or familiar calming music helps.



## Blanket or weight

### Safety through pressure

A weighted blanket, or one the person wraps around themselves. Pressure calms when it is their own choice. Never wrap or restrict their movement.



## Own space

### A quiet place

Reduce stimuli to a minimum. Give permission to be alone.

# I notice I'm becoming overloaded

Early warning signs

Name: \_\_\_\_\_

## GREEN → YELLOW: First signs

What shows in the body:

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What shows in behaviour:

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What to do immediately:

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## YELLOW → RED: Warning signs

What shows in the body:

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What shows in behaviour:

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What to do immediately:

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## RED: Meltdown / overload

What it looks like:

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Safety measures:

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What NOT to do:

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# Safety Plan

Name: \_\_\_\_\_



## EARLY SIGNS:

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## WHAT HELPS:

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## WHAT NOT TO DO:

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## CONTACT / PHONE:

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← FOLD HERE →

## In a crisis

### 1. STOP

Breathe. Slow down. Lower your voice.

### 2. SAFETY

Remove dangers. Stay to the side.

### 3. MINIMISE

No words, no pictures, no demands.

### 4. CALM

Offer familiar things. Wait.

### 5. RECONNECT

Positive feedback. No moralising.

### 6. EMERGENCY

If the person is at risk of seriously harming themselves or someone else, or needs urgent care, call your local emergency number.