My Coping Strategies Menu

Build my menu

Choose options that feel useful to you. There is no single right coping strategy.

Name / initials (optional): _____ Date: _____

Quick options - about 5 minutes

Longer options - when I have more time

People and places that help

Activities that settle or refocus me

Alcohol and other drug support: ADIS 1800 177 833 (24/7)

Not medical, psychological, legal or financial advice, treatment or emergency care.

My Coping Strategies Menu

Make the menu practical

Think about access: a saved contact, transport, water, a snack or a prepared activity.

Name / initials (optional): _____ Date: _____

Three strategies I want to practise this week

What I need to prepare so I can use them

Who I can ask to be part of my plan

What helped, even a little - and what I will adjust

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