# Triggers & Early Warning Signs

## Notice my patterns

A trigger can be a situation, feeling, thought, place or interaction that adds pressure.

Name / initials (optional): _____ Date: _____

### Situations, places or experiences I notice

### Thoughts, feelings or body signals I notice

### The earliest signs that I may need extra support

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


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

# Triggers & Early Warning Signs

## My response plan

Options: pause, move somewhere supportive, connect, use a coping tool or seek professional support.

Name / initials (optional): _____ Date: _____

### When I notice a warning sign, my first action will be...

### People I can contact and how to reach them

### A coping strategy and supportive place I can use

### One small step today and a date to review my plan

**Immediate danger or medical emergency: call 000. Keep your support contacts nearby.**

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


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