

CRISIS SUPPORT INTERVENTIONS

When individuals are referred to a **Richmond Fellowship crisis service**, they have the opportunity to participate in crisis support sessions with our specialist recovery workers.



Through this, staff will work with individuals to identify the areas in which they would like support. The list in this document is indicative of some of the support we can offer, including managing anxiety or low mood, managing hearing voices, and building on self-esteem.

Based on what is identified, staff will plan 1:1 and group sessions shaped around the individuals' preferences and goals. Our sessions are person-centred and may range from identifying triggers to understanding and managing emotions.

All sessions have a strong focus on empowering the individual to take responsibility to manage their emotions by using the skills they learn during the sessions with recovery workers.

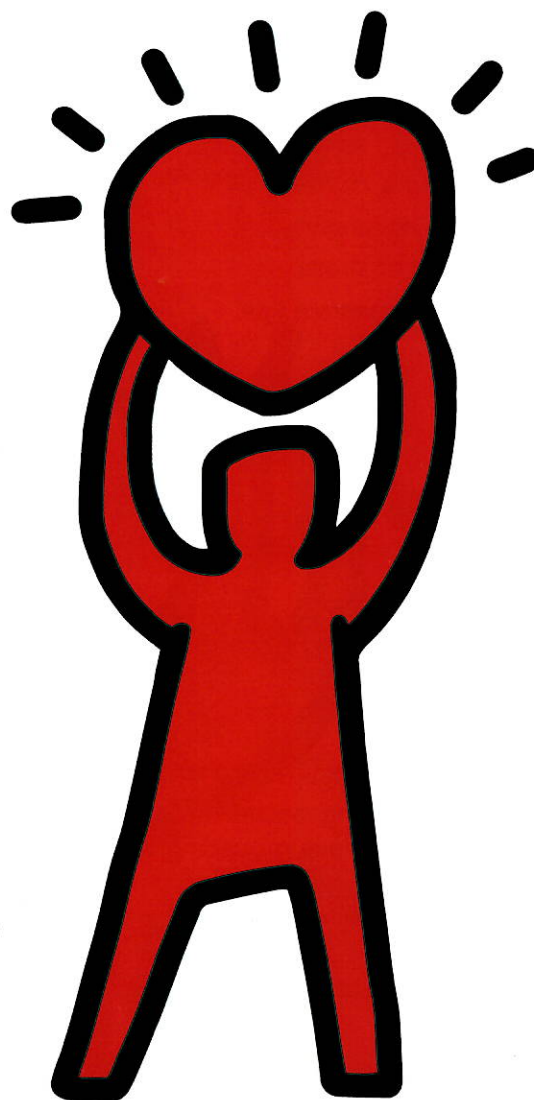
Note that this list is not exhaustive.

ANXIETY

- Grounding techniques (E.g., 5,4,3,2,1; body scanning)
- Identifying symptoms of anxiety
- Identifying triggers
- How thoughts, feelings and behaviours interact
- Mindfulness (E.g., Meditation)
- Emotional Freedom Technique (tapping)
- Challenging/rationalising anxious thoughts
- De-catastrophising
- Exposure hierarchy
- Breathing Techniques
- Relaxation (including progressive muscle relaxation)
- Pushing Away Technique

SELF HARM

- Self-harm contract
- Self-harm action plan (triggers, my reasons for not self harming, identified coping mechanisms)
- Self-soothe box
- How thoughts, feelings and behaviours interact
- Identifying helpful alternatives to self-harm
- Safe self-harm



LOW MOOD

- Identifying unhelpful thinking habits
- Challenging negative thoughts
- Daily planner
- Weekly planner
- How thoughts, feelings and behaviours interact
- Behavioural Activation

SELF-ESTEEM

- My strengths and qualities
- Gratitude journal
- Gratitude exercise
- Positive Affirmations
- Looking back/Looking forward
- Building happiness
- Identifying positive traits
- My positive experiences
- Self-esteem journal
- 31 days of self-love

STRESS

- Recognising stress
- Symptoms of stress
- Stress management tips

HEARING VOICES/ HALLUCINATIONS

- Challenging voices
- Bargaining/making a contract
- Triggers
- Warning signs
- Riddikulus voices (drawing voices, and then making them look silly)
- Identifying coping mechanisms: Selective hearing, music, change the picture, asking others to rationalise voices, mindfulness, grounding, talking to others.

SUICIDAL IDEATION

- Safety Plan
- Crisis Management Plan (My triggers, warning signs, coping mechanisms, protective factors and contacts)



MANAGING RELATIONSHIPS

- Healthy boundaries
- Assertive communication/responses
- Perspective taking

SUBSTANCE MISUSE

- Substance Misuse Motivation Ruler
- Addiction discussion questions
- Substance use journal
- Substance misuse relapse prevention plan
- Addiction coping skills (social support, diversions, imagery, journaling, relaxation)

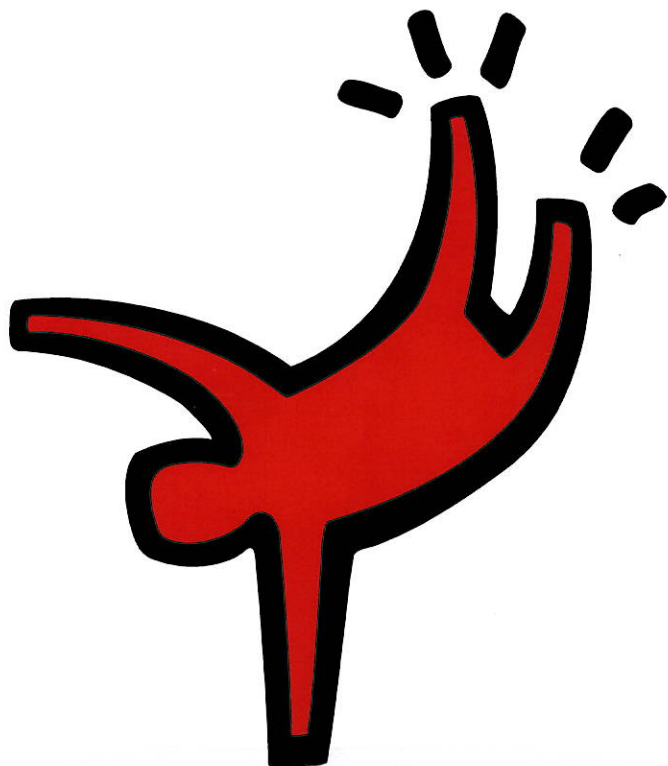
PHYSICAL HEALTH

- Food and mood
- Weekly Food Journal
- The mental health benefits of exercise
- Sleep hygiene/guidelines and checklist and checklist for better sleep
- Pacing for pain/fatigue

EMOTIONAL REGULATION

(DBT inspired self-help techniques)

- STOP technique
- Choice theory
- Distress Tolerance
- Self-soothe with the senses
- Radical Acceptance
- ACCEPTS
- Opposite Action
- Fact-checking
- Basic emotion assessment
- Mood cards
- Daily/Weekly mood chart
- Mindfulness
- Grounding
- The Wise Mind
- Building happiness



PARANOIA

- Rationalising paranoid thoughts
- Behavioural experiment: reality testing our beliefs

ANGER

- Anger thermometer
- Understanding triggers for anger
- Identifying anger warning signs
- When is anger a problem? (how much do these issues apply to you)
- Coping with anger (including use of "time outs")

GRIEF

- the **TEAR** model of grief
(**T**o accept, **E**xperience the pain, **A**adjust to the new environment, **R**einvest in the new reality)

FORGIVENESS

- Compassionate thoughts
- Self-blame checklist
- Forgiveness is/is not
- Stages of forgiveness
- Forgiveness contract

TRAUMA

- Reactions to trauma
- Self-blame checklist
- Grounding/"here and now"
- Safety affirmations

GENERAL

- General triggers
- Miracle question
- Setting Goals
- Mindful Colouring
- Lapse and Relapse management
- Distraction Booklet

