



Name:

Year:

Reviewed Date	Reviewed By
Term 1:	
Term 2:	
Term 3:	
Term 4:	
Term 5:	
Term 6:	

My Circle of Support

Primary Preventive Interventions:	
What strengths, gifts and qualities do I bring?	What is important to me? What works for me?
•	•
What doesn't work for me?	What does good care and support look like for me?
•	•

Precipitating Factors/Triggers/Background Factors

Secondary Preventive Interventions	
Anxiety Level	Supportive Approaches
•	•
Defensive Level	Directive Approaches
•	•

Risk or Crisis Behaviour	
My risk behaviours are:	The level of risk to myself and/or others is:
My preferred strategies to minimise harm are:	Any necessary restrictive interventions staff may need to use include:
To minimise trauma and distress when using restrictive interventions, staff should:	

Post-Crisis Support	
Tension Reduction After a crisis event, I prefer to:	Therapeutic Rapport Support from staff should include:
•	•