

Your personal support plan

Complete before a programme or retreat

Keep a printed copy and an offline copy on your phone. Do not put private health information in a publicly shared folder.

My trusted person

Name: _____

Phone including country code: _____

My treating professional

Name and clinic: _____

Phone: _____

My nearest emergency department

Hospital and address: _____

Transport plan if safe: _____

My travel insurer if overseas

Insurer and policy number: _____

24-hour emergency telephone: _____

What I will say when asking for help

"I need urgent help. I am at [location]. I am struggling to stay safe / someone is injured / someone is threatening me." Tell the operator the immediate concern and follow their directions.

For Navigator staff

Confirm destination-specific hospital access, transport and phone connectivity before every retreat. Recheck this contact register before each trip and at least quarterly. Record updates and replace old printed sheets.

Coverage and limits

Contacts were checked against the linked sources on 13 October 2026; calls were not test-dialled. This is a practical contact pack, not a complete service directory. Overseas specialised suicide helplines are not included because their details were not returned by the country-specific helpline tool. Some services may have language, eligibility, cost or coverage limits.