

# General Safety Plan for FND / PNES

## 1. Medical Information

Diagnosis \_\_\_\_\_

Treating Clinician(s): Neurologist \_\_\_\_\_

Treating Clinician(s): Therapist \_\_\_\_\_

Treating Clinician(s): PCP \_\_\_\_\_

Medications (List 1) \_\_\_\_\_

Medications (List 2) \_\_\_\_\_

## 2. Warning Signs / Triggers

Physical / Emotional Cues:

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Common Triggers:

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## 3. Coping Strategies

Grounding Skills:

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Regulation Skills:

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Behavioral Modifications:

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## 4. During a PNES Episode

Instructions for Support Persons:

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Instructions for Self (if alone):

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## 5. After an Episode

Immediate Steps:

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Supportive Debrief:

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## 6. Emergency Plan

Emergency Contact 1: Name \_\_\_\_\_

Emergency Contact 1: Phone \_\_\_\_\_

Emergency Contact 2: Name \_\_\_\_\_

Emergency Contact 2: Phone \_\_\_\_\_

Crisis Plan:

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Medical Alert (Optional):

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## 7. Long-Term Wellness

Steps to Build Resilience:

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