

PINELLAS COUNTY SCHOOLS
STUDENT SUPPORT PLAN

This Student Support Plan should be used to outline ways to promote a student's social-emotional well-being while at school.
The plan should be created with the student and family input.

Date: _____
Student: _____ DOB: _____
School: _____ Grade: _____
Caregiver: _____ Phone: _____
Emergency Contact: _____ Phone: _____
Step 1: Warning signs/triggers (thoughts, images, mood, situation, behavior) in the student that indicate a crisis may be developing:
1. _____
2. _____
3. _____
Step 2: Behaviors/environments or strategies that escalate a situation and that do not help when at school:
1. _____
2. _____
3. _____
Step 3: Behaviors/environments or strategies that can be done to calm a situation and that help when at school:
1. _____
2. _____
3. _____

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Step 4: External coping strategies – Walk, deep breathing, coloring, reducing noise, fidgets	
1.	
2.	
3.	
Step 5: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (meditating, listening to music, relaxation exercises):	
1.	
2.	
3.	
Additional Information:	
Student Signature: _____ Staff Signature: _____	
Parent Signature: _____ Staff Signature: _____	