



**MY
WELLBEING
PLAN**

A wellbeing plan is a personal plan designed to support your wellbeing and keep you safe. It can be completed any time, it doesn't have to be when you're in crisis or feeling low.

It can be used to recognise when you may not be feeling OK. It's a reminder of the things you can do, the places you can go, and the people you can talk to when you don't feel OK.

Think about what's helped in the past, or what you want to try. It could include things you can rely on, that you can always come back to when you need to take on life's challenges.

These centre pages can be pulled out and kept separately or you can keep it as part of this booklet.

PEOPLE WHO CAN HELP IF I FEEL OVERWHELMED

If I can't stay safe, who will I tell?

Name	Contact details

ARE YOU IN CRISIS RIGHT NOW?

0300 102 2470

HopeLine24/7

First Response crisis line: **call 111** and select the mental health option (option 2).

Things that give me hope – my reasons for living

These things, people and activities are important to me. I like having these things in my life.

Positive things that other people say about me

Warning signs

What are my warning signs? What makes me feel bad? What does this feel like?

Things I can do to keep myself safe

What works to help me cope with how I feel? Are there people, places or activities that help distract me?

Things I should avoid doing when I feel low, worried or unsafe because they make me feel worse...

Thoughts and Doodles



Sometimes you may not want or need your whole wellbeing plan but it can be helpful to focus in on some specific things to help you deal with things when they're getting hard to handle. Below is space to write down what makes you feel good, and what you can try out during tougher times.

**A phrase or affirmation
you can repeat to
yourself**

**A calming place that
quietens your mind**



A distraction or calming activity that works for you



A person you trust and can reach out to when you need support.



An object that makes you feel safe and calm which can help ground you



Anything else that helps you



