

# YOUR MIND MATTERS



## MY SAFETY PLAN

The things I can do to  
keep myself well and safe

# YOUR MIND MATTERS

**This plan is designed to support my wellbeing to keep me safe and remind me of the things I can do, places I can go or people I can talk to when I don't feel OK.**

My name is:

I have written this plan with:

We will share it with:

We will review it by:

If I need to speak to someone in school about my plan  
I will go to:

# Keeping myself well

**We are now going to spend some time thinking about when you don't feel good and what you and other people can do to keep yourself feeling OK.**

Things I should **remember** and think about when I feel low, worried or unsafe. For example, this could include positive things about myself, things I like or want to do and the people who are important to me.

## Keeping myself well (continued)

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

Do something fun, treat yourself. Do something that you may not do every day.



These are things that I can **do** to help me feel better  
or distract me when I fell low, worried or unsafe.

“ Listen to music,  
it distracts you,  
listen to the lyrics. ”

# These are the people who can help me

## When I am at home

Names

What they will do

[illegible][illegible]

When I do open-up to someone, it feels like I get a lot off my chest. You can also write it down, email or text someone.

# These are the people who can help me (continued)

**When I am out and about in the community**

I can contact:

I can go to:

“ Before you say anything,  
tell them if you want advice  
or if you just want to talk  
and to be listened to. ”



# IT'S OK NOT TO BE OK

If you are feeling low or panicky, or maybe having thoughts and urges about hurting yourself, someone else or ending your life then stop and take a deep breath.

Remember there are people who will listen, help and support you through this; it's OK to ask for help. It is OK not to be OK. Follow your wellbeing plan.

Just like stormy weather, strong feelings and urges will pass; it will not always feel this bad. Thoughts are just thoughts, we do not have to follow them.

There are many other ways of managing. Contact an adult who can help such as your parent or carer or a professional you are working with.

## IF YOU FEEL YOU'RE IN CRISIS **STOP, TAKE A BREATH** AND TAKE THESE STEPS

1. Talk to someone.
2. Go to **[sussexcamhs.nhs.uk/help-im-in-crisis](https://sussexcamhs.nhs.uk/help-im-in-crisis)**
3. Let someone know you do not feel safe or are struggling (a parent/carers, teacher or professional)
4. Call or text a free confidential helpline available 24 hours a day 7 days a week:

**Samaritans**  
Phone 116 123

**SHOUT**  
Text SHOUT to 85258

# USEFUL WEBSITES AND RESOURCES



## PHONE LINES

- Samaritans 116 123
- Sussex Mental Healthline 0800 0309 500



## MESSAGING SERVICES

- SHOUT Text SHOUT to 85258
- YoungMinds crisis messenger Text YM to 85258



## WEBSITES

- [westsussex.gov.uk/YourMindMatters](https://westsussex.gov.uk/YourMindMatters)
- [sussexcamhs.nhs.uk/help-im-in-crisis](https://sussexcamhs.nhs.uk/help-im-in-crisis)
- [e-wellbeing.co.uk](https://e-wellbeing.co.uk)
- [papyrus-uk.org](https://papyrus-uk.org)
- [harmless.org.uk](https://harmless.org.uk)
- [lifesigns.org.uk](https://lifesigns.org.uk)
- [thecalmzone.net](https://thecalmzone.net)



## FREE APPS

- Stay Alive
- Calm Harm
- Mind Shift
- distrACT

Friends they know  
you really well. If you  
have a really close  
friend, they're helpful.  
Or a family member...  
you can talk to them.

# TEN TIPS ON SELF-CARE



1. Be kind to yourself.  
It's OK not to feel quite like yourself.
2. Keep in touch with friends.
3. Plan fun things to do.
4. Regular exercise can reduce stress.
5. Eating regular healthy meals will maximise your energy levels.  
Drinking water keeps the brain active.
6. Aim for 7 to 8 hours rest each night.
7. Try relaxation techniques like deep breathing to help you feel calm.
8. Remind yourself to take each day at a time. Structuring your day with things you can realistically achieve.
9. Switch on programmes, podcasts and content that make you laugh. It may help you feel happier.
10. If you need help, talk to your family and friends, or someone you trust.

## MY KEY CONTACTS IN A CRISIS

At home:

At school:

In the community:

A phone or text service:

“  
When you're scrolling through social media...it's not the real thing. The real deal is doing something your proud of. You got to do what you like doing and BE WHO YOU ARE.  
”

**Thank you to our West Sussex Teen Voices who shared with us their thoughts and advice. We hope you find their reflections helpful throughout your plan.**

“  
Talk to someone and then also work hard on something. It may take a while, prolonged manpower, you can be proud of that and it outweighs everything else.”  
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