

YOUR MIND MATTERS



MY WELLBEING PLAN

The things I can do to
keep myself well and safe

YOUR MIND MATTERS

This plan is designed to support my wellbeing and to keep me safe. It will remind me of the things I can do, the places I can go and 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 I will go to:

About me

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

These are my hopes and dreams for the future. The places I want to go and the things I want to be doing.

In the next couple of weeks:

In the next year and beyond:

About me (continued)

These things are true about me

I am...

...a good
friend

I can...

...ask for help
when I need it

I have...

...people
around me
I trust

Knowing about how I feel

We can use the scale below to help you and us understand how you are feeling

1

1–3 RED means that there are high levels of concern, or you feel in crisis. Are you at risk of hurting yourself or others? Are you worried about not being able to cope? Do people need to act to keep you safe or mentally well?

2

3

4

4–6 AMBER means there may be some concerns or warning signs that your mental health or wellbeing is dipping. Maybe you are feeling more worried or sad. Maybe some more negative emotions are coming into your mind.

5

6

7

8

9

10

7–10 GREEN means you are feeling good. You may be happy, relaxed or just feel OK. You are able to cope with daily challenges

Knowing how I feel (continued)

	What do I look like? What am I doing? What is happening around me?	What does my body feel like? What are my emotions? What am I thinking?	What helps me when I feel like this?	What doesn't help me?
1-3 Not feeling good				
4-6 Feeling a bit wobbly				
7-10 Feeling good/OK				

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 don't feel good. For example, this could include positive things about myself, things I like or want to do and the people who are important to me.

Things I should **avoid** doing when I don't feel good because they make me feel worse.

Keeping myself well (continued)

These are things that I can **do** to help me feel better or distract me when I am feeling low anxious or worried.

The people who can help me

When I am at home

Names

What they will do

When I am at school

Names



What they will do

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**
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
- sussexcamhs.nhs.uk/help-im-in-crisis
- e-wellbeing.co.uk
- papyrus-uk.org
- harmless.org.uk
- lifesigns.org.uk
- 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 WHEN I DON'T FEEL GOOD

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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