



Help sheet to fill out a mental health safety plan



Here are some ideas to help you to fill out each section of a mental health safety plan.



1. These are the things that will help me right now:

- Photo of a special person/pet/place
- Breathing exercise
- Count to 10
- Get some fresh air
- Go for a walk



2. These are some of the things that I love in my life:

- My pet
- Activities
- Friends and family
- Hobbies



3. Tell us how you feel when your mental health is not good:

- Sleeping too much or not enough
- Isolating myself
- Arguing with friends and / or family
- Eating more or less than usual



4. These are the good things that help me to cope when I feel like this:

- Distraction. This means doing other things to take my mind off how I am feeling.
- Relaxation – breathing exercises, yoga, being in nature
- Physical activity
- Watching TV/YouTube
- Listening to music



5. These are the people who can help me to feel better:

- Friends
- Family
- Support workers

Make sure telephone numbers are included in the plan.



6. These are the places I like to go to feel better:

- Park
- Café
- Library
- Shop



7. These are the people who can help me when I am feeling very unwell or very anxious:

- Friends
- Family
- Support worker

Make sure telephone numbers are included in the plan.



8. These are the professionals who can help me when I am feeling very unwell or very anxious:

- Support worker
- GP
- Nurse
- Community mental health team

Make sure telephone numbers are included in the plan.




9. This is how I can make myself and my home safer:

- Remove things that can hurt me from my home
- Ask a parent or support worker to look after my medicine
- Avoid unsafe places



10. If I feel that I can no longer keep myself safe I will:

- Call my GP/Community Mental Health Team
- Call a friend or someone in my family
- Contact a useful contact

	<p>11. Useful contacts for me</p> <p>Highlight the most useful contacts.</p>
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	<p>More information</p> <p>Useful video step to step guide to filling out a mental health safety plan.</p> <p>www.stayingsafe.net/how_to_make_a_safety_plan</p>
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Easy read made by the CHAMPs Team,

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