

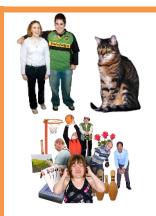
Help sheet to fill out a mental health safety plan



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



11. Useful contacts for me

Highlight the most useful contacts.



More information

Useful video step to step guide to filling out a mental health safety plan.

www.stayingsafe.net/how to make a safety plan

Easy read made by the CHAMPs Team,

Healthy Cornwall. 2020





