



Stay strong,
things will get better.
It may be stormy now
but it never rains forever.

Keeping me well.
My Positive Affirmation.



Things I enjoy.

Warning signs I'm
becoming unwell.



What has helped me
in the past?

What would I say to a friend
who is feeling down?



Who or what keeps
me going?

Three goals I can
complete daily.



1

2

3

Hobbies I can
begin/continue.

My Personal Plan



(Myself)

(My Supporter)

(My Health Care Professional)

Making my environment safe.

STEP 1

Try to Distract Yourself

5 Things you can see right now.

4 Things you can hear right now.

3 Things you can touch, reach out and touch them now.

2 Things you can smell or like the smell of.

1 Slow, deep breath, focus on your breathing.

STEP 2

Place I can go to distract me.

STEP 3

How will I get there?

People I can talk to if things get worse.

STEP 4

Things other people can do to help me.

STEP 5

Professionals that can help.

STEP 6

G.P.

G.P. Out of Hours

Community Mental Health Team

Crisis Team

Emergency Contact Numbers

STEP 7

Lifeline
0808 808 8000

Samaritans
116123 (Freephone)

Other

If I am experiencing suicidal thoughts I will attend A&E.

If I cannot get there I will call 999.

STEP 8

Person to contact in case of emergency.