

**MY
SAFE & WELL
PLAN**

THIS PLAN BELONGS TO



We can all struggle from time to time with negative thoughts, about ourselves, and about our lives. These thoughts are often the result of difficult circumstances, or everyday stress. Over time this can have a serious impact on both our mental and physical health.

When bad things happen to us, it can leave us feeling helpless and unable to cope. Sometimes this may lead to thoughts about self-harm, or even suicide.

THESE THOUGHTS WILL PASS!

Anxiety & Depression isn't simple. It's not *Black & White*, *On or Off*, it's a continuous sliding scale of different emotions. What you feel capable of one day, you may not feel capable of doing another day. Some days the thought of going out to meet your friends may fill you with dread, and it's not much fun going for a walk when it's raining. It is a good idea then, to have a range of options to choose from.

It's also important to recognise when your mood has started to deteriorate, what your warning signs are, and what your triggers are. You can then take action to boost your mood before you reach crisis point.

5-Point Scale

It would be fantastic if we could always be in the green section, feeling on top of the world, and excelling at everything. We know this isn't always going to be the case.

Some days it can feel like we're treading water, having to work hard just to survive, some days it can be a struggle just to get out of bed, and other days we're in crisis, and need to reach out to others for help.



Excelling



Thriving



Surviving

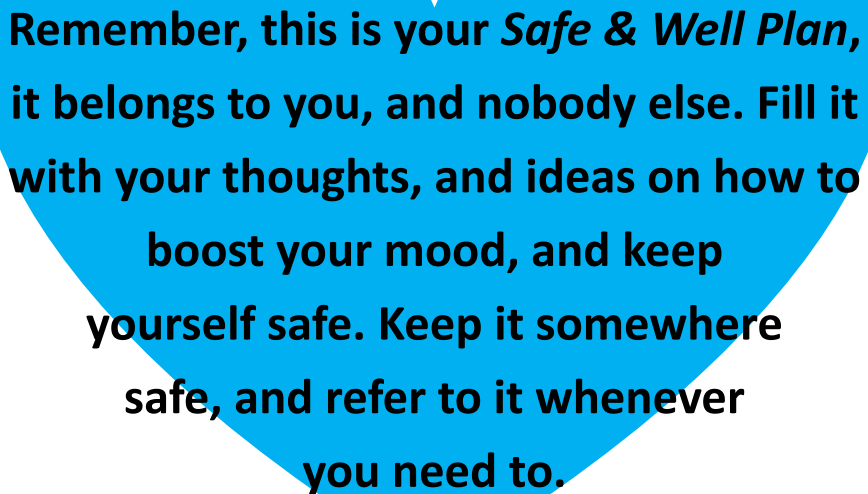


Struggling



Crisis Point

Remember, no matter where you are on the scale, and no matter how bad you may be feeling about yourself, people still love you. There are always going to be people ready and willing to support you, all you need to do is ask.



Remember, this is your *Safe & Well Plan*, it belongs to you, and nobody else. Fill it with your thoughts, and ideas on how to boost your mood, and keep yourself safe. Keep it somewhere safe, and refer to it whenever you need to.

My Reasons for Living...

Eg. My friends

My family

My pets

Things I am Grateful for...

Eg. My friends

A warm home

Food and drink

Lifting My Mood...

Eg. Go for a walk

Put on my favourite music and dance

Eat my favourite chocolate bar

Making My Situation Safer...

Eg. Take any stockpiled medication to the pharmacy for disposal

Throw-away razorblades

My Warning Signs...

Eg. Can feel my heart beating
Feeling short of breath
Start to feel dizzy

My Triggers...

Eg. Certain situations
Certain people

My Coping Strategies...

(What has worked in the past)

Eg. Meditation/Mindfulness

Breathing exercises

Listen to music

My Informal Support...

(Friends or family I can talk to)

My Professional Support...

My Crisis Lifelines...

My Hopes And Dreams For The
Future...

What Steps Do I Need To Take To
Achieve My Dreams?

What Professional, or Peer Support Services Would I Like Referring To?

Who Am I Happy To Share My *Safe & Well Plan* With?

It can be easy to feel like you're all alone, or that you're being a burden to others, but you're not.

Never be afraid to reach out when you need help.

**DERBYSHIRE MENTAL HEALTH HELPLINE & SUPPORT
SERVICE 0800 028 0077**

SAMARITANS 116 123

IN AN EMERGENCY DIAL 111

or 999 IF YOU ARE IN IMMEDIATE DANGER

Please give us some feedback about this Safe and Well Plan to help us improve it: <https://www.surveymonkey.co.uk/r/safeandwellplan>



To access survey via QR code: open the camera app on your phone, then point it at the QR code. At the top of the screen, there will be a notification - if you click this, it will take you to the survey.



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