



MY STAYING WELL PLAN

WHAT ARE THE SIGNS THAT I'M NOT FEELING GOOD?

WHAT CAN I DO TO STAY WELL?

WHAT WOULD OTHERS NOTICE?

WHO CAN SUPPORT ME AND HOW CAN I CONTACT THEM?

WHO CAN I CONTACT IF I NEED (MORE) SUPPORT?

TEXT 'SHOUT' TO 85258

EMAIL: JO@SAMARITANS.ORG.UK

HOPELINEUK- CALL: 0800 068 4141 TEXT: 07860 039 967 EMAIL: PAT@PAPYRUS-UK.ORG

CHILDLINE- [HTTPS://WWW.CHILDLINE.ORG.UK/GET-SUPPORT/CONTACTING-CHILDLINE/](https://www.childline.org.uk/get-support/contacting-childline/)

YOUNG MINDS—
[HTTPS://WWW.YOUNGMINDS.ORG.UK/YOUNG-PERSON/FIND-HELP/](https://www.youngminds.org.uk/young-person/find-help/)

BRANCHING MINDS
TEL: 01226 107377

KOOTH
ONLINE COUNSELLING WWW.KOOTH.COM

