

Compass **BLOOM**

MY STAYING WELL PLAN

**What are the signs that I'm not feeling good?
What would others notice?**

What can I do to stay well?

We can add to this throughout your sessions!

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/>

Young Minds—

<https://www.youngminds.org.uk/young-person/find-help/>

CAMHS Crisis Service

Tel: 0800 953 0110

Kooth

Online counselling www.kooth.com