

YOUNG
PERSON'S
SANCTUARY

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My Wellness Plan

- Wellbeing plans can help you understand that emotional distress and/or overwhelm are a natural part of the recovery journey.
- It will explore what feels right and important to you.
- It will help you to develop solution focused interventions around your distress and adopt positive behaviours.
- It is not intended to replace your medical and/or community support, or any safety plans you may have in place.

 mind
BLMK



If you are in an emergency, please call
999 or go to A&E immediately.

Charity No. 1068724

What signals might I notice when things are not OK?

Is there anything I can do that might have helped me in the past, or anything new that I could try?

Can you think of a time that you felt happy/safe?

Can you remember where you were/who you were with/what you were doing?

What might trigger negative feelings and/or overwhelm?

Internal coping strategies – what things can I do to aid my wellbeing without contacting another person?



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Who can I call when I need to speak to someone?

*Who would you call if you are in a time of distress/overwhelm and/or crisis?

TIP: You can put numbers next to these contacts to indicate who you might call first, and who you would call after if they were not available



Friend: - - - - -

Relative: - - - - -

Professional: - - - - -

How would others know if I am not feeling OK?

Can you think of a goal that you would like to achieve?

* Let's think together about goals or hopes you might have. This could be BIG goals for the future, or smaller goals for in the next 6 months to a year.

What small steps can I take to achieve a goal?



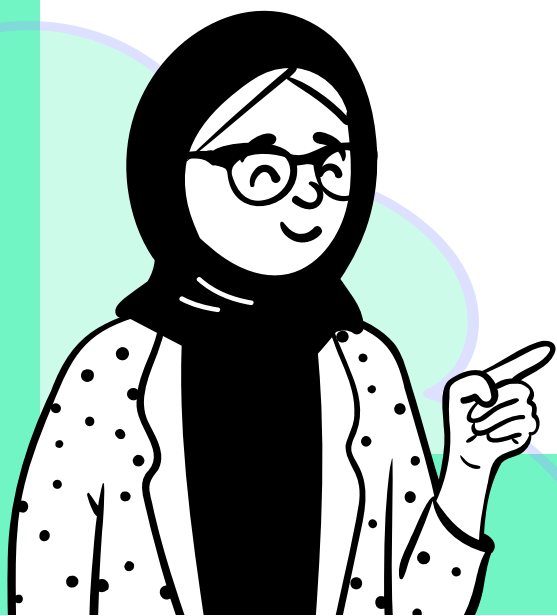
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What are 2 things I am grateful for?

Here are some services that may be helpful for you to contact when you feel you need to talk to someone – or, you are welcome to come back to the Young Persons Sanctuary (YPS) anytime!



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