

# My Wellbeing Plan

This Wellbeing plan is a great way of writing down ideas to remind you of what you can do or who you can contact when you are struggling with your emotions. If you feel you are at immediate risk to yourself, **do not hesitate to go to your local A&E department** where immediate support will be available.

The Five Ways to Wellbeing	What can you do?
<b>CONNECT</b> Who can you connect with? It might be a friend, a family member, a teacher or sports coach. It might even be a pet! Talking about a problem can sometimes help make it more manageable.	
<b>BE ACTIVE</b> Physical activity is proven to help promote your well-being. What physical activity could you do? You could go for a walk or a run. You could invite someone to walk with you and connect at the same time.	
<b>TAKE NOTICE</b> What could you do to take notice? Taking notice can help bring us back into the present moment and help stop us worrying. You could find a quiet room and listen to some relaxing music, what sensations can you feel in your body?	
<b>LEARN</b> Learning can provide you with a sense of fulfilment. It can also distract you from your worries as you're concentrating on something else! Is there anything that you have wanted to learn? Set yourself a challenge and go for it!	
<b>GIVE</b> Giving something to others can really help promote your own wellbeing. This doesn't have to be something materialistic – it could be giving your time to someone or complimenting someone! Is there anything you can give?	

**Think of something that you like doing. It might be your hobby, or a leisure activity that you like. Sometimes, when we are struggling with our own emotional wellbeing, we forget about the things that we do that can make us feel better. Write below a list of things that you like to do and this will be a great reminder for you!**

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**Useful Phone Numbers/Websites**

**Childline**

Helpline: 0800 11 11  
www.childline.org.uk  
Free 24-hour helpline for children and young people in the UK

**NSPCC**

help@nspcc.org.uk  
www.nspcc.org.uk

**Papyrus**

Hopeline: 0800 068 41 41  
www.papyrus-uk.org  
Charity for the prevention of young suicide, offering confidential support and awareness training

**Samaritans**

www.samaritans.org  
Helpline: 116 123  
Emotional support for anyone feeling down, experiencing distress or struggling to cope

**Young Minds**

Helpline: 0808 802 5544  
www.youngminds.org.uk  
UK's leading charity for children and young people's mental health

**Remember, there are local services who can help:**

- ◆ Kooth
- ◆ Off the Record
- ◆ Tameside, Oldham & Glossop MIND
- ◆ Mahdlo
- ◆ Early Help
- ◆ Keeping our Girls Safe (K.O.G.S)
- ◆ Positive Steps
- ◆ Proud Trust
- ◆ Youth Service

**Helpful Apps**

- ◆ Headspace
- ◆ Calm Harm
- ◆ Breathe
- ◆ Calm
- ◆ Wellmind

**Anything else you would like to add to your wellbeing plan that will help you:**