

MENTAL HEALTH

Plan



WE ALL HAVE MOMENTS WHEN WE FEEL STRESSED OR OVERWHELMED. MAKING MENTAL HEALTH PLAN CAN HELP YOU HANDLE THOSE SITUATIONS WITH MORE EASE.

Situations when I might get triggered

My warning signs - how will you notice this

I can distract myself by

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Coping skills I can use

- _____
- _____
- _____
- _____
- _____
- _____
- _____

What doesn't help

- _____
- _____
- _____

People I can reach out to

- _____
- _____
- _____