

My notes

Helplines & crisis support

Breathing Space delivers telephone support to anyone, over the age of 16 years, who is feeling low, anxious or depressed.

Tel: 0800 83 85 87 (Freephone Mon–Thurs 6pm to 2am and from Fri 6pm to Mon 6am)

Web: www.breathingspace.scot



Childline provides help and advice to young people, under the age of 19.

Tel: 0800 1111 (Freephone 24/7)

Web: www.childline.org.uk

Samaritans offers emotional support to anyone feeling down or struggling to cope.

Tel: 116 123 (Freephone 24/7) **Email:** jo@samaritans.org

Web: www.samaritans.org

The Mix offers support to anyone up to the age of 25 years. Their free Crisis Messenger service is run in partnership with Shout.

Text: SHOUT to 85258 (Free text 24/7) for mental health crisis support

Web: www.themix.org.uk/get-support

For more information visit www.samh.org.uk

My wellbeing plan

The things that make me feel good are:

The things that I do to look after my wellbeing are:



The things I would like to do more of, or introduce into my life, to improve my wellbeing are:

The people in my life who are there to support me and my wellbeing are:



The things in my life that I am thankful for are:

Positive Affirmations

(use the blank boxes below to write your own affirmations)

I am
growing as
a person
every day

It is OK to
make
mistakes

Although
times may be
difficult, they
can get better

I am
important

