

Youth Wellness Plan

Your Life Matters! Stay Safe and Seek Help.

This Wellness Plan belongs to _____ Date: _____

Family, school staff, friends, and mental health professionals want to make sure I am safe at all times. I understand that I have a part in keeping myself safe and that I am making this agreement to stay safe and seek help when I am in a crisis.

STEP 1	The one thing that is most important to me and worth living for is: _____ _____
STEP 2	I will use this Wellness Plan when I notice the following warning signs or triggers (thoughts, images, mood, situation, behavior.): _____ _____
STEP 3	Internal coping strategies - Things I can do on my own to help me not act out on my feelings or help take my mind off my problems (favorite healthy activity, hobbies, distractions, relaxation technique, physical activity): _____ _____
STEP 4	Names of trusted family members or friends that improve my mood or help me feel safe: Name: _____ Phone: _____ Name: _____ Phone: _____ Name: _____ Phone: _____
STEP 5	Social settings, places, or healthy activities that I can do to take my mind off my problems when I am not around a trusted adult/friend: _____ _____
STEP 6	Steps I can take to keep myself safe. I can start by reducing access to harmful means if faced with a suicidal crisis (What can I do to keep myself safe): _____ _____
STEP 7	Professional resources and referrals I should contact during a crisis: - Mental Health Provider: Name: _____ Phone: _____ - If I am at school, I will tell a teacher, counselor, social worker, admin, or other trusted school staff. - If I cannot reach anyone above, I agree to call 911. Emergency services will help keep me safe and assist with transportation to the nearest urgent care center. - Call or text a crisis hotline center listed below.

Resources Available 24/7	
988 Suicide and Crisis Lifeline - National Prevention Lifeline - 1-800-273-TALK (8255) - The Trevor Life Line: 24/7: <u>1-866-488-7386</u> - Text "START" to 678-678	- Crisis Text Line: Text "HOME" to 741741 - Teen Line: Call (310) 855-HOPE or (800) TLC-TEEN (nationwide toll-free) from 6 pm to 10 pm PST - Text "TEEN" to 839863 between 6:00 pm-9:00 pm

I _____ agree that I will immediately seek help if I have thoughts or an urge to harm myself, either accidentally or intentionally.

Student Signature: _____ Date/Time: _____

Name/Title of School Staff: _____ Signature: _____

Youth Wellness Plan

Your Life Matters! Stay Safe and Seek Help.

Your mental self-talk can be **POSITIVE** or **NEGATIVE**.

What is positive self-talk? Positive self-talk is a problem-solving strategy that helps us break down stress and focuses on positive rather than negative statements we tell ourselves when we feel overwhelmed, stressed, or anxious. There are three key stages: **preparation**, **coping**, and **review**.

Preparation As we are about to enter a situation or face something that we find overwhelming, we can help ourselves to prepare with positive statements such as: ✓ "It's not going to be as bad as I think." ✓ "It won't last long, and I can cope." ✓ "I am getting better and need to rebuild my confidence." ✓ "If I do get bad feelings, I know they won't last long, and I can cope with them."	Coping To help us cope and stay in the situation, we can use positive statements such as: ✓ "Concentrate on what is going on....not how I feel." ✓ "Concentrate on what I have to do." ✓ "I know I am going to be OK." ✓ "The feelings always pass." ✓ "Relax, breathe, and think positively." ✓ "One step at a time." ✓ "Anxious feelings are unpleasant but not harmful or dangerous." ✓ "I can ask for help anytime I need it."	Review Comments to help you review your achievement and give yourself praise: ✓ "I coped with that." ✓ "I achieved that; I am getting better." ✓ "I handled that; it should be easier next time." ✓ "I can be pleased with the progress I'm making." ✓ "If I keep this up, I'm going to get good at this."
--	--	---

Even when things do not go according to plan, you should still take time to review the situation and praise yourself for what you have achieved. Each small step is progress, so focus on the positives rather than the negatives.

**Always seek help if you are having thoughts of harming yourself or others.
If someone is hurting you, tell a trusted adult.**

