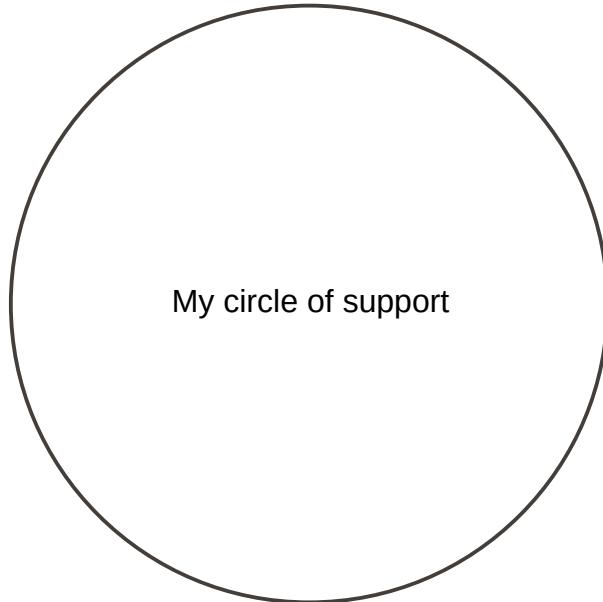
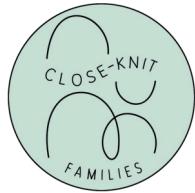


# MY WELL-BEING PLAN

NAME: \_\_\_\_\_



My circle of support

What helps me feel well?  
*(What do I enjoy? What makes me smile?  
What helps me feel calm?)*

When I am OK I...  
*How do I feel?  
How do I act?*

When I am not OK I...  
*How do I feel?  
How do I act?*

How might others recognise that I am  
struggling?

# MY WELL-BEING PLAN



What I can do to help me to feel and stay well

Who might help me and how might they help me?

## Helpful Contacts

- **Samaritans** free helpline and 24/7 hour support for everyone - 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org)
- **Pandas** - 08081961776 - free helpline for parents struggling with their mental health
- **Iconope.org.uk** - support for parents if struggling with baby crying



# HOW MIGHT SOMEONE HELP ME?



make me a drink



chat with me about my feelings



chat with me about anything



hug me



cook with/for me



reassure me



food shopping



hoover through the house



clean the bathroom



help me with planning or organisation



hold the baby while I...



take a pet for a walk



take the baby out for a walk



help sort through washing or ironing



help sort through old baby clothes



pick other children up from school



help sort through new baby clothes



spend time with older children



play with the baby