

Creating a Mental Health Safety Plan



A mental health safety plan is a plan we make to help us through difficult times.

Having your own plan will help you:

1) Be more aware of how you're feeling throughout the day

2) Be ready to take care of yourself when you begin to feel down

3) Know exactly what to do and who can help you

Steps to building a safety plan:

1) Spot the signs

2) Identify your coping skills

3) Know your social supports

4) Seek help from a professional

Normalizing and modeling positive wellness behaviors, like having a safety plan, is an important part of strengthening relationships with young people.

Download the Template

 bit.ly/MHSafetyPlan

8 Dimensions of Wellness

- Emotional
- Occupational
- Intellectual
- Environmental
- Financial
- Social
- Spiritual
- Physical



Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life.

The Importance of Self-Care
We base our self-care activities around things that we CAN control in our lives.



Journal Question:
What are some things that you can control in your life and how can you connect them to your self-care routine?

Not everyone has a mental illness, but everyone has mental health.

Practice a Coping Skill: Deep Breathing

Sit back or lie down in a comfortable position. Close your eyes, if you would like to do so.



1. Inhale: breathe in slowly through your nose for 4 seconds.
2. Pause: hold the air in your lungs for 4 seconds
3. Exhale: breathe out slowly through your mouth for 6 seconds

Self-Care vs. Self-Soothing

Keeping a gratitude journal

Balanced diet

Planning out your week

Sleeping



Eating your favorite sweets

Bubble baths

Face masks

Shopping

Netflix

