

Action Plan

Next time I'm feeling down, I'm going to:

.....

If that doesn't work, then I'll:

.....

If that still doesn't work, then I'll:

.....

If I need to talk to someone, I'll talk to:

.....

If they're not around/I don't feel better afterwards, I'll talk to:

.....

Remember you can always talk to :

The Mix - 0808 808 4994 - themix.org.uk

ChildLine - 0800 1111 - childline.org.uk

Samaritans - 116 123 - samaritans.org - jo@samaritans.org

SupportLine - 01708 765 200 - supportline.org.uk

MEIC - 080880 23456 - Text 84001 - meiccymru.org

CALL - 0800 132 737 - callhelpline.org.uk

SANE - 0300 304 7000 - sane.org.uk



@HeadsAboveTheWaves



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