

MY SELF-CARE ACTION PLAN

Name:

My mental health is very important and is something I need to actively take care of every single day. Below is my proactive plan in how I will practice self-care so I know exactly what to do if I am feeling upset, overwhelmed, stressed/anxious, angry, or need a boost.

List of Coping Strategies:

Specific things I can **DO** to make myself feel better

Gratitude List:

Specific things in my life I'm **thankful** for and cheer me up when I feel down

Zen Zones:

Safe and comfortable places I can go and be myself

Social Support Network:

Trusted adults and friends who care about me and who I can reach out to if I need help

<u>Name:</u>	<u>Contact Information:</u>

National and Local Resources:

There is NO shame in getting professional help if I ever needed it. Below are some organizations I can call/text/chat online with if I need to talk

2nd Floor Youth Helpline	2ndfloor.org	888-222-2228
New Jersey Hopeline	njhopeline.com	855-654-6735
Crisis Text Line	crisistextline.org	TEXT: 741741
SPTS	sptsusa.org	732-410-7900
Suicide Prevention Hotline	suicidepreventionlifeline.org	800-273-8255
The Trevor Project	thetrevorproject.org	866-488-7386
Your Life, Your Voice	yourlifeyourvoice.org	800-448-3000

*I created this plan so I have the confidence in knowing there is ALWAYS something I can do to feel better. I am NEVER alone and there is **strength** in taking care of myself and reaching out for help when I need it. I am making the promise to myself today to try my best in using this plan when I need it.*

NAME

SIGNATURE

DATE