

MY **OTR** SELF CARE PLAN

Things I can do to relax

**ACTIVITIES
I ENJOY**

THINGS I'M GOOD AT

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-
-
-
-
-

THINGS I CAN DO TO MAKE MYSELF FEEL BETTER

TODAY:

TOMORROW:

NEXT WEEK:

NEXT STEPS...

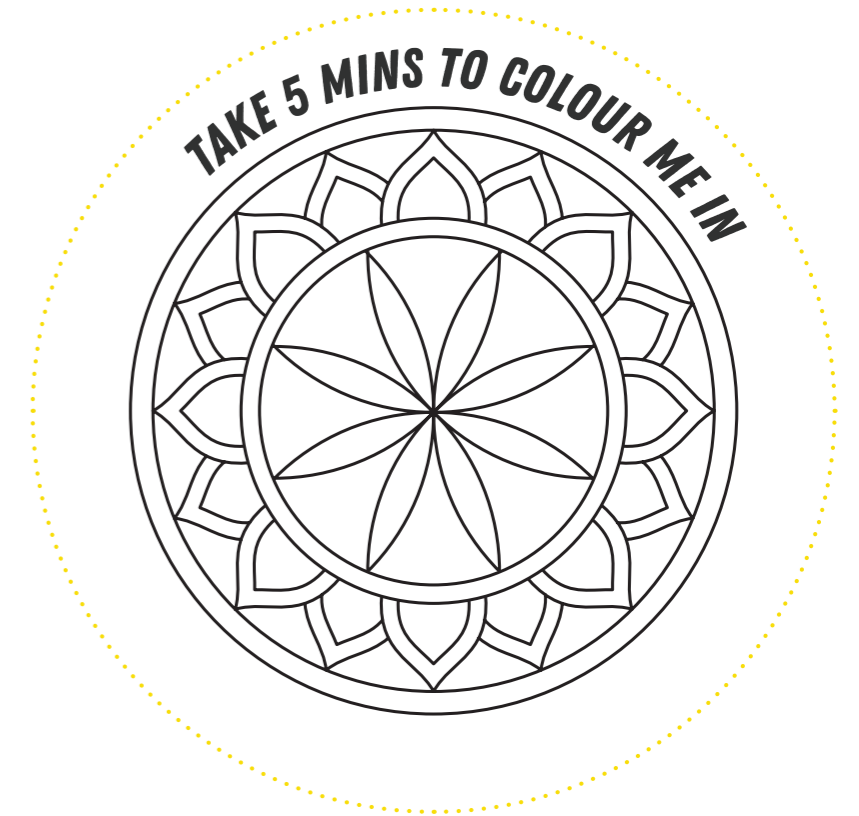
MY **OTR** SELF CARE PLAN

OTHER SERVICES WHO CAN HELP

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APPS THAT CAN HELP MY WELLBEING

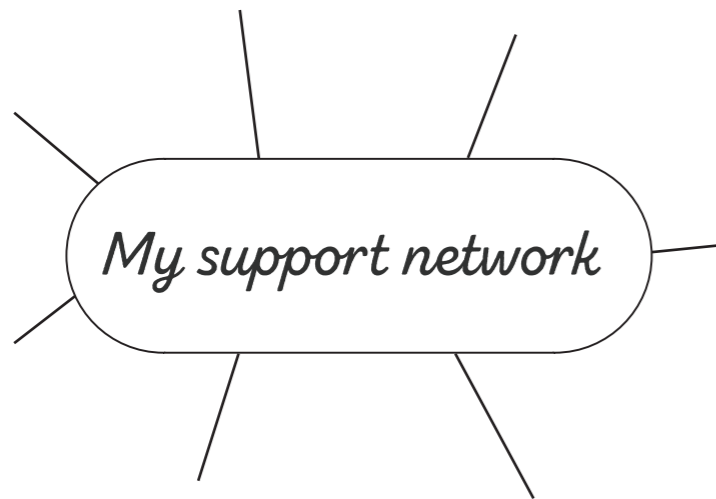
Blank space for writing apps that can help wellbeing.



MY **OTR** WORKER TODAY WAS:

DETAILS OF MY HUB:

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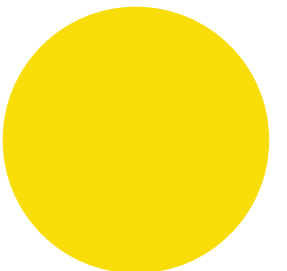
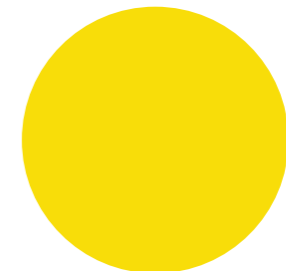


IF I'M IN CRISIS, I CAN...

CALL 999

CALL SAMARITANS ON 116 123

TEXT 'SHOUT' TO 85258



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