

My Wellbeing Toolkit

My name: Date:

Name of my MHST worker:

Well done on finishing your sessions!

This Wellbeing Toolkit is to help you remember everything we did together during our MHST (Mental Health Support Team) sessions, so you can use it to help you feel good in the future. If you need help understanding any of this plan please ask an adult you trust.



What I've learnt about myself

Looking at my goal scores and questionnaires, what am I most proud of?

What are the warning signs I recognise in myself when I'm struggling?

My emotions

My feelings

My thoughts

My behaviours

Things I do to keep myself well

3 things I've found that help keep me well

1)

2)

3)

Tools and skills I can use

People who I can turn to for help

My future goals...



Who I want to share this plan with



Helpful Organisations and Professionals

childline

0800 1111 www.childline.org.uk/get-support

Talk to a counsellor in a safe space about whatever is worrying you. They're open 24/7, you can talk through a 1-2-1 online chat, or you can call the helpline on the number above.



www.familylives.org.uk/
A website for parents and carers. Use the online chat or call the confidential helpline for advice and support: 0808 800 2222



www.happymaps.co.uk/
Children and young people's mental health advice and resources. For parents, professionals and young people

11+ Services



www.themix.org.uk



www.otrbristol.org.uk



www.kooth.com

School Health Nursing Team

South Bristol: Telephone 0300 125 6277

East & Central: Telephone 0117 939 3760

South Glos: Kingswood Hub: 01454 862441

Patchway Hub: 01454 862442

Yate Hub: 01454 338804

Lines open Monday - Friday 9am to 5pm

My Doctor

CAMHS Emergency Line - Highly trained clinicians provide urgent advice and guidance to support young people in crisis, who may need to attend hospital:

0800 953 9599

Helpful Apps

- My MHST worker and I have agreed what we will do when we see each other in school
- I understand how I can access the MHST again in future