

# 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) .....

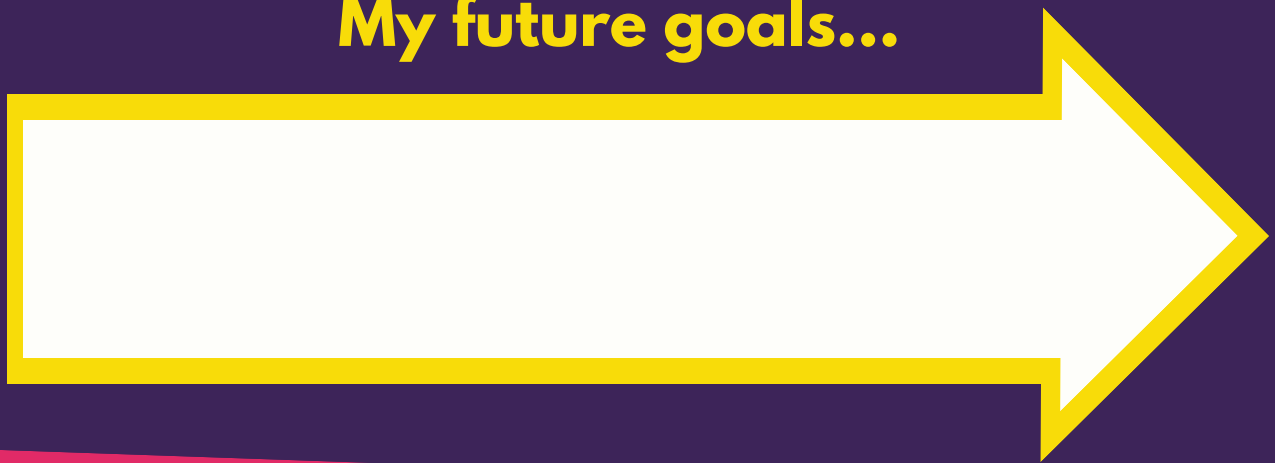
2) .....

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



[www.otrbristol.org.uk](http://www.otrbristol.org.uk)

11+

OTR is a mental health social movement by and for young people aged 11-25 living in Bristol and South Gloucestershire.



[www.themix.org.uk](http://www.themix.org.uk)

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webchat open from 3pm – midnight everyday



[www.kooth.com](http://www.kooth.com)

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online support and counselling, self-help materials and forums  
midday - 10pm on weekdays, 6-10pm Sat and Sun



[www.childline.org.uk/get-support](http://www.childline.org.uk/get-support) 0800 1111

24/7 helpline and online 1-2-1 chat. Talk to a trained counsellor in a safe space about anything that's worrying you

## 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

**North Somerset:** Telephone 01934 419339

**North Bristol:** Telephone 03001 245816

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 / college
- I understand how I can access the MHST again in future