



# MY STAYING WELL PLAN

WHAT ARE THE SIGNS THAT  
I'M NOT FEELING GOOD?  
WHAT WOULD OTHERS NOTICE?

WHAT CAN I DO TO STAY  
WELL?

WE CAN ADD TO THIS THROUGHOUT YOUR  
SESSIONS!

WHO CAN SUPPORT ME AND  
HOW CAN I CONTACT THEM?

WHO CAN I CONTACT IF I NEED (MORE) SUPPORT?

TEXT 'SHOUT' TO 85258

EMAIL: [JO@SAMARITANS.ORG.UK](mailto:JO@SAMARITANS.ORG.UK)

HOPELINEUK- CALL: 0800 068 4141 TEXT: 07860  
039 967 EMAIL: [PAT@PAPYRUS-UK.ORG](mailto:PAT@PAPYRUS-UK.ORG)

CHILDLINE- [HTTPS://WWW.CHILDLINE.ORG.UK/GET-  
SUPPORT/CONTACTING-CHILDLINE/](https://www.childline.org.uk/get-support/contacting-childline/)

YOUNG MINDS—  
[HTTPS://WWW.YOUNGMINDS.ORG.UK/YOUNG-  
PERSON/FIND-HELP/](https://www.youngminds.org.uk/young-person/find-help/)

BARNSLEY SINGLE POINT OF ACCESS  
TEL: 01226 644829

KOOTH  
ONLINE COUNSELLING [WWW.KOOTH.COM](http://WWW.KOOTH.COM)

