



teencentral
my support plan

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This is a tool to help you be more aware of your signs and symptoms, and remind you of what you can do to help yourself and who you can go to for support when you need it. Complete this plan and keep it around for when you need it, and give it to the people who support you.



MY SIGNS AND SYMPTOMS

These are thoughts, feelings or behaviors that let you know you are not doing well- writing these down will help you become aware of changes in your mood.

These are some thoughts and feelings I have when I'm not feeling good:

These are some physical symptoms I experience when I'm not feeling good:

These are some behaviors I might engage in when I'm not feeling good:



MY SELF-HELP

These are some things that you can do to comfort or distract yourself when you are having trouble.

These are some positive thoughts that I can use when I am not feeling well:

These are some coping skills that I can use to help myself feel better:

These are some things that will distract me from how I am feeling in the moment:



MY SUPPORTS

These are some people and places you can go to for help. Be sure to include some things that are important for people to know if they are helping you, just in case you can't tell them in the moment.

These are thoughts, feelings or actions I have that let me know I need to reach out for help:

These are some safe people who I can ask for help when I need it:

These are some safe places where I can go for help when I need it:

Here are some important things for the people who help me to know about me: