

# First Step Plan

DATE

If you were worried about yourself you could talk with:

Friend

Adult

If you are feeling down these might help you to ride out this feeling

- **Distracting activities** (e.g. music, gaming, reading)
- **Mood lifting activities** (e.g. watch comedy, play instrument, internet)
- **Physical activities** (e.g. walking, running, cycling, dance)
- **Social activities** (e.g. text or talk to friends, social media)
- **Other activities** (e.g. playing with pets, hobbies, cooking)

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If you want **more information** these links and local services might be helpful

- **NHS 2gether** services for children and young people website: [www.cayp.2gether.nhs.uk](http://www.cayp.2gether.nhs.uk)
- **NHS On Your Mind** [www.onyourmindglos.nhs.uk](http://www.onyourmindglos.nhs.uk)
- **Gloucestershire Self Harm Helpline:** every day 5pm -10pm.  
Phone: 0808 801 0606 Text: 07537 410 022  
[www.gloucestershireselfharm.org](http://www.gloucestershireselfharm.org)
- **NHS School Nursing** confidential text chat service 9am-4.30pm Monday-Friday  
(excluding Bank Holidays) Text: 07507 333351
- **School Nurse** Drop-in at your school
- Contact **Childline** (0800 1111 or [www.childline.org.uk](http://www.childline.org.uk))

We will meet again to talk about how you are feeling on:

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Helpers name: .....