

WELLNESS PLAN

STEP 1: Warning signs (thoughts, images, moods, behaviours) that indicate I'm feeling overwhelmed by stress

1. _____
2. _____
3. _____

STEP 2: Three coping strategies - things I can do myself to take my mind off my problems

1. _____
2. _____
3. _____

STEP 3: Three people I can call (just to hang out or talk to) or social settings where I can go for distraction

- | | |
|---------------|-------------|
| 1. Name _____ | Phone _____ |
| 2. Name _____ | Phone _____ |
| 3. Name _____ | Phone _____ |

STEP 4: Three people I can ask for help

- | | |
|---------------|-------------|
| 1. Name _____ | Phone _____ |
| 2. Name _____ | Phone _____ |
| 3. Name _____ | Phone _____ |

STEP 5: Professionals I can contact if I need more help

1. Name _____ Phone _____
2. Clinic Crisis Line : Call 204-786-8686 OR 1-888-322-3019
3. Kids Help Phone (24/7) : Text CONNECT to 686868 or call: 1-800-668-6868
4. School or other resources: _____