



My Wellness Plan

This is my wellness plan which documents how I may look after myself if I feel I am struggling with my mental health at any point throughout this project. I can change and add to this at any point and just need to let the researchers know (Joanna.Lockwood@nottingham.ac.uk or Camilla.Babbage@nottingham.ac.uk)

My contact details

Name:
Nickname:
Phone number:
Email:
Preferred communication method:

My emergency contact details

Name:
Relationship to you:
Contact number:
Aware of involvement in project?

What I do to look after myself:

When I need extra support:

Ways I would tell someone I need a break:

Sources of extra support:

- Harmless
- Bipolar support?
- Shout - text SHOUT to 85258, <https://www.giveusashout.org/>
- The Mix - Webchat, email and counselling, phone 0808 808 4994, <https://www.themix.org.uk/get-support>
- Self-injury Support, text 07537 432444, email tessmail@selfinjurysupport.org.uk, <https://www.selfinjurysupport.org.uk/our-support-services>