

MY Mental Health Plan

I know I'm triggered when I notice:

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Easy ways to distract myself:

SAFE people I can reach out to:

1 _____
2 _____
3 _____

Ways to keep myself & my space safe:



Coping Skills I can use:

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OTHER RESOURCES I CAN USE TO GET MYSELF CARE

helpful booklets, videos, worksheets, programs:
youth.ellington-ct.gov/eyes-media-library

crisis text line:
text HOME to 741741
help with referral process:
kcondron@ellington-ct.gov
Ellington Youth Services:
(860) 870-3130

local support services:
youth.ellington-ct.gov/counseling-support-services