

## harmLESS – First Step Plan

Young person's name:

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)

1.

2.

3.

- If you want **more information** these links might be helpful

- Information and advice about local support from <http://cwpcamhscentre.mymind.org.uk/wp-content/uploads/2017/07/Wirral-CAMHS-Resource-and-Information-Pack.pdf>
- Free online support from **Kooth** ([www.kooth.com](http://www.kooth.com))
- Information about **CAMHS** from <http://www.mymind.org.uk/>

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

Helpers name: