

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 "**on your mind**" (www.onyourmind.org.uk)
- Information about mental health from www.youngminds.org.uk
- Information about CAMHS from <https://www.oxfordhealth.nhs.uk/camhs/>

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

Helpers name