

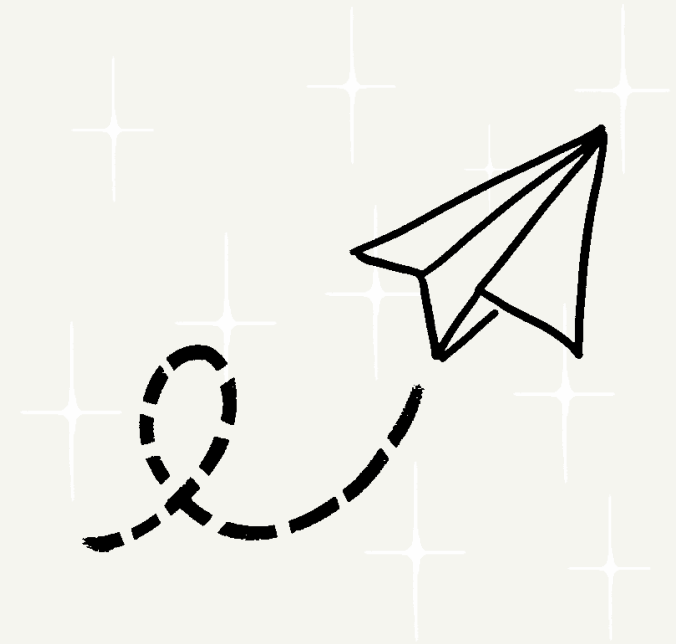
Three things I love about myself:

Something I might need to hear:

You know how you're feeling better than anyone else. Hopefully one of your own suggestions can help pick you up next time you need a boost. If not, there are always services who can help you:

- The NHS: contact your local GP
- Visit Mind's website to find self-care resources and courses
- Look for local youth centres and community hubs
- Look for Discovery or Recovery colleges in your area
- Look at the Young Minds website
- Phone services such as SHOUT are always ready to listen.

Self-Care Scrapbook



Name

Write as many answers as you like in the boxes below, thinking about the things that bring you comfort, security, or fun:

Places I could go to:

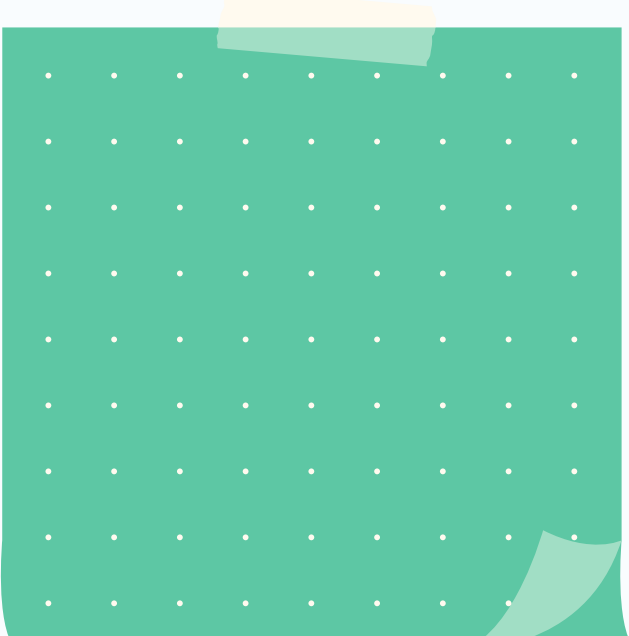
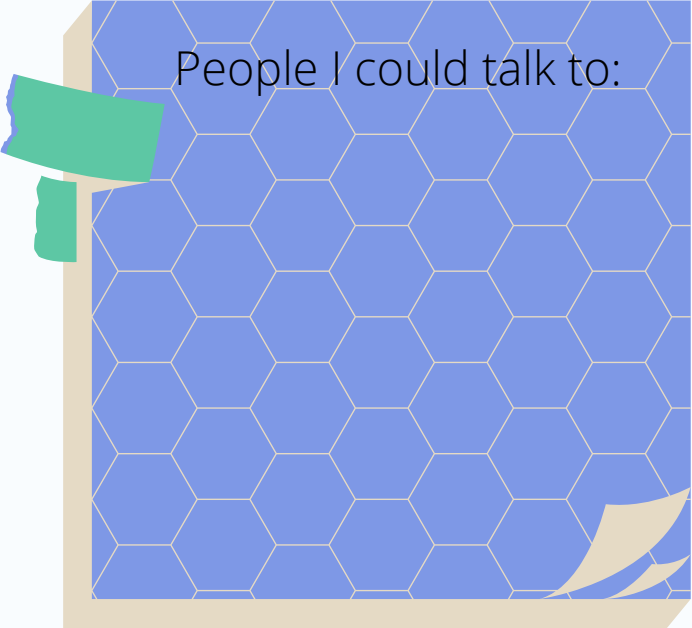


Activities:



| | Items to hold: |
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People I could talk to:



A memory to think about:

