

# MY MENTAL HEALTH ACTION PLAN

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My Name:

My highest purpose is to...

I can do these 5 things on a daily basis to stay mentally healthy:

- 1.
- 2.
- 3.
- 4.
- 5.

I know that I am strong, capable, and resilient. I can do tough things and navigate through difficult situations! On the hard days, I will also remind myself that:

- 1.
- 2.
- 3.
- 4.
- 5.

These factors contribute to a decline in my mental health and wellbeing:

I will look out for these warning signs that my mental health is declining:



**When I am stressed or feeling down, I can try these coping strategies:**

- 1.
- 2.
- 3.
- 4.
- 5.

**When I am feeling stressed or down, here are three ways others can support me:**

- 1.
- 2.
- 3.

**I know that reaching out is a sign of strength. When I need a little bit of help and support, these are the people that I will connect with:**

**MY INNER CIRCLE OF SUPPORT**

**PEOPLE, GROUPS, AND SERVICES THAT SUPPORT ME REGULARLY**

**ADDITIONAL SUPPORT AVAILABLE**



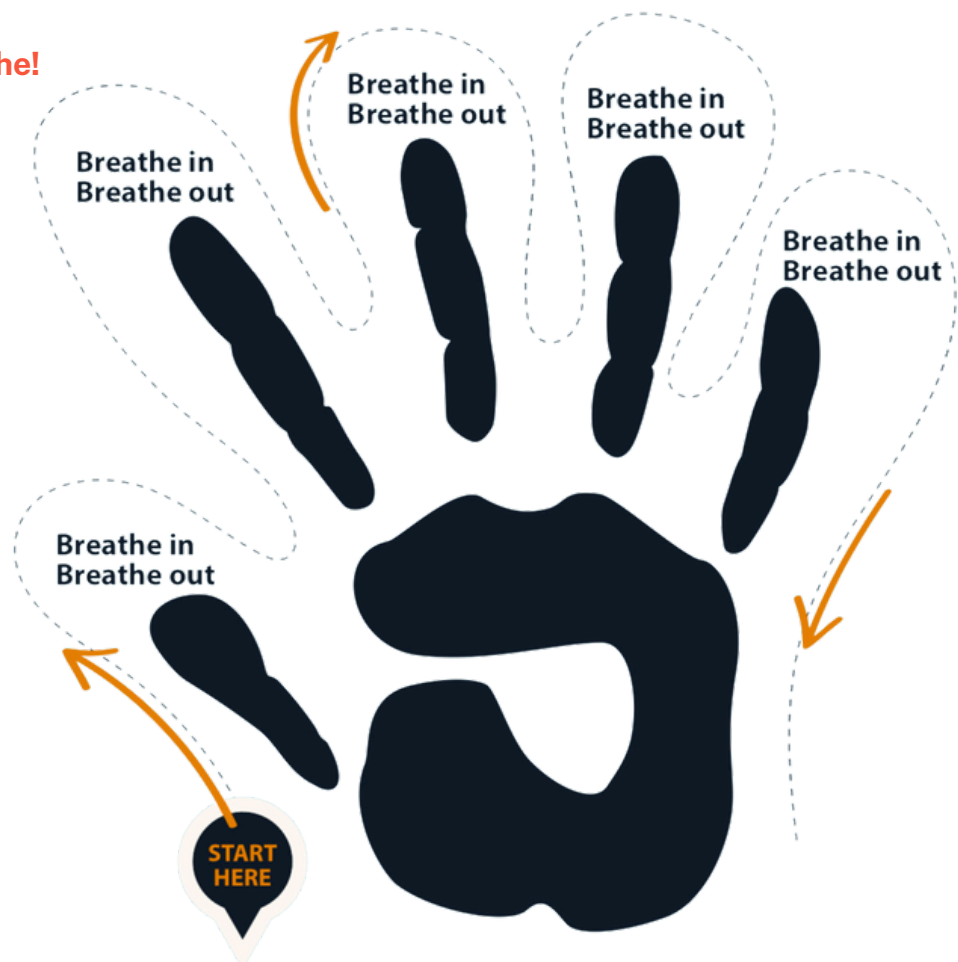
Help and support are just a click away! [Scan this QR Code](#) to download a Directory of Mental Health and Psychosocial Support Services in Barbados



For quick reference, here are some important numbers you might want to keep on hand:

1. Lifeline Mental Health Hotline: 1-246-536-4500
2. Youth Support Hotline: 1-246-539-HELP [4357]
3. Psychiatric Assessment Unit: 1-246-536-3091
4. Emergency Services: 511 [Ambulance], 211 [Police]

### Remember to Breathe!



Try this **GROUNDING EXERCISE** whenever you're feeling overwhelmed and stressed:

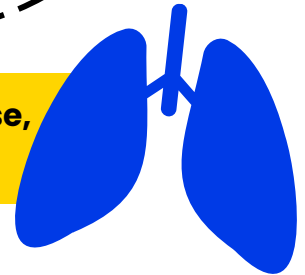


Find a place to sit.



If you're comfortable, close your eyes.

Now take 5 long, deep breaths through your nose, and exhale slowly through puckered lips.



Place your feet flat on the floor. Wiggle your toes. Notice the sensations in your feet.

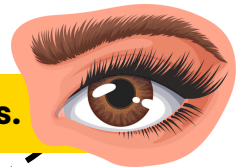
Clench your hands into fists, then release the tension. Repeat this step 10 times.



Reach your hands over your head into a stretch. Hold for 5 seconds. And then relax.



Open your eyes.



Bring your attention to where you are and who else is there.



What can you...see?  
...hear? ...smell? ...feel?



Now take another long, deep breath in through your nose and exhale slowly through puckered lips.