

Bolton

Together



My mental health check in



Write down a list of ideas below of things you can do to help you when you are struggling. It may be helpful to fill this out with a trusted adult.

Ways I can relax

For example...

Take a deep breathe and count to 5.

Name 5 things you can see, 4 you can feel, 3 you can hear, 2 you can smell and one you can taste.

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Things I can distract myself with

For example...

Read a book, watch your favourite Tv show, listen to some music.

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Things that have helped me in the past

What has helped you in the past when you have felt low or sad?
For example... talking to a friend

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If I need help I can talk to

For example...

A parent/carer, teacher, a friend you feel comfortable with

Name

How they can help me

Here's a space for you to doodle or write down anything on your mind...

Here are some links that may be useful to look at...

<https://www.childline.org.uk/toolbox/videos/managing-stress-anxiety/>

<https://www.kooth.com>



<https://www.bekindtomymind.co.uk>

[https://www.youngminds.org.uk/media/zj0aq4ty/se
lf-soothing-activities.pdf](https://www.youngminds.org.uk/media/zj0aq4ty/se
lf-soothing-activities.pdf)

www.bolton-together.org.uk