

harmLESS – Support plan

Young person's name:

Date:

- I will **let** who is helping you know how you are feeling
- **If you were worried** about yourself you could talk with

- Friend
- Adult
- Professional involved

- **If you were very worried** about your safety or had hurt yourself

- Between 9.00am -10.00pm, Monday to Friday and on Saturday and Sunday between 12 -7.30pm, talk with CAMHS by ringing 0151 488 8453
- Outside these hours phone NHS Direct by ringing 111
- Go to the Accident and Emergency Department

- If you are feeling that you might hurt yourself these things 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)
- Information about **CAMHS** from <http://www.mymind.org.uk/>

Helpers name

Copy for Young person, Helper, Supporter