

MY MENTAL HEALTH SAFETY PLAN

The goal of this worksheet is to help you formulate a plan to monitor your mental health over the course of the semester. You are encouraged, though not required, to share your plan with trusted others.

To begin, please identify some of the warning signs you experience when your mental health needs some extra attention. These can include thoughts, feelings, or behaviors that you tend to experience when your mental health is low.

My personal warning signs:

Next, identify coping strategies that you (or someone you trust) can employ to help you manage your mental health when warning signs emerge. Try to think about coping strategies that have worked for you in the past.

My personal coping strategies:

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Next, please identify personal and professional sources that can be contacted if you need help managing your mental health. Aim to identify at least two sources of personal and professional contacts.

My personal social support contacts:

	Name	Contact information
1.	<hr/>	<hr/>
2.	<hr/>	<hr/>
3.	<hr/>	<hr/>
4.	<hr/>	<hr/>

My professional support contacts:

	Name	Contact information
1.	Hendrix College Counseling Services	(501) 450-1448
2.	<hr/>	<hr/>
3.	<hr/>	<hr/>
4.	<hr/>	<hr/>

Next, brainstorm a system you could implement to regularly check-in with yourself about your mental health. This could be regularly using an app, like What's Up? to track your mental health, or setting a weekly reminder in your phone to check in with how you're feeling. This could also involve identifying a trusted other that you could regularly check in with. Write a summary of your check-in plan below.

My plan for checking in on my mental health: