



Pause, Reflect and Act

Thinking about the mental health or substance use of a youth in our care, and the help they might need, can be overwhelming. Try to pause and show yourself some compassion. It's key that you take time to reflect on your own wellness, too—you're important! Plus, it can put you in a better position to support your youth.

Who or where can you reach out to and when (e.g. when you need supportive listening, validation or help with household tasks)?

I can reach out to	for support when
I can reach out to	for support when
I can reach out to	for support when

My current supports provide me with

What I still need help with is

I can ask _____ or go to _____ for more information or support.

Coping strategies I can use when I'm:

Anxious (e.g. deep breathing)	Sad (e.g. create art)	Numb (e.g. hold an ice cube)	Angry (e.g. write it and rip it)
---	---------------------------------	--	--

What I can do to help me stay safe (e.g. call a friend):

Some self-care activities I like to do or want to try (e.g. dance, guided meditation, take a social media break, time in nature):

One that I will do now:

For more prompts and guidance to help you reflect on the topic, find an expanded version in the [PARTicipating in My Mental Health Care](#) toolkit.