



Pause, Reflect and Act

Thinking about our mental health or substance use, and the help we might need, can be difficult and overwhelming. Try to pause for a moment and show yourself some compassion. Who or where can you currently reach out to and when (e.g. when you need validation or help to calm yourself)?

I can reach out to	for support when
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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)
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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.