

Safe Haven Connect CIC · Registered CIC

My Mental Health Record

A Personal Mental Health & Wellbeing Companion

Welcome

Welcome to your Safe Haven Connect CIC · My Mental Health Record.

Living with mental health challenges can make it difficult to remember important information, explain how you've been feeling or keep track of your recovery. This workbook has been designed to help you record the information that matters most, all in one place.

Whether you're seeing your GP, psychiatrist, psychologist, counsellor, mental health nurse or another healthcare professional, this workbook can support more productive conversations and help you feel more prepared.

There is no right or wrong way to complete it. You can fill in every section or simply use the parts that are most helpful to you.

Remember that recovery looks different for everyone. Some days will feel easier than others, and that's okay. This workbook is here to support your journey—not judge it.

What You'll Find Inside

Personal information

Emergency contacts

Mental health history

Diagnoses and treatment

Symptom tracking

Mood monitoring

Anxiety and stress records

Sleep tracking

Medication records

Therapy notes

Appointment planner

Crisis and safety planning

Coping strategies

Recovery goals

Support network

Reflection pages

How This Workbook Can Help

This workbook can help you:

- ✓ Explain your mental health more easily.
- ✓ Notice patterns in your symptoms.
- ✓ Track improvements over time.
- ✓ Prepare for appointments.
- ✓ Remember advice from professionals.
- ✓ Keep important information together.
- ✓ Build confidence in managing your wellbeing.
- ✓ Support your recovery journey.

A Gentle Reminder

Mental health recovery is rarely a straight line. Progress may feel slow at times, but every small step forward matters.

If you are finding things difficult today, remember that asking for help is a sign of strength, not weakness.

You deserve support.

Contents

1. About Me
2. Emergency Information
3. My Mental Health Journey
4. Diagnoses & Conditions
5. Symptoms & Daily Experiences
6. Mood Tracker
7. Anxiety & Stress Tracker
8. Sleep & Energy
9. Medication Record
10. Therapy & Support
11. Coping Strategies
12. Triggers & Early Warning Signs
13. Crisis & Safety Plan

14. Appointments & Reviews

15. Recovery Goals & Progress

16. My Support Network

17. Personal Notes

18. Helpful Mental Health Contacts

19. About Safe Haven Connect CIC

Before You Begin

Remember:

Complete only the sections that are useful to you.

Update your workbook whenever something changes.

Bring it to appointments if you think it will help.

Keep it somewhere safe to protect your privacy.

This workbook belongs to you. You decide who sees it.

Next: Section 1 – About Me, where you'll record your personal details, preferred communication methods, GP information, mental health professionals, emergency contacts and anything healthcare professionals should know before supporting you.

Section 1 – About Me

This section provides healthcare professionals with important information about you and how you would like to be supported. Complete as much or as little as you feel comfortable sharing.

Personal Details

Full Name

Preferred Name

Date of Birth

NHS Number (Optional)

Address

Postcode

Telephone Number

Email Address (Optional)

Emergency Contact

Name

Relationship

Telephone Number

Alternative Contact Number

GP Details

GP Surgery

GP Name (If Known)

Telephone Number

Mental Health Professionals

Professional Name Contact Details

Psychiatrist
Psychologist
Community Psychiatric Nurse (CPN)
Care Coordinator
Counsellor/Therapist
Social Worker
Other

My Mental Health Diagnoses (If Any)

Tick any that apply or write your own.

- ☐ Anxiety Disorder
- ☐ Depression
- ☐ Bipolar Disorder
- ☐ OCD
- ☐ PTSD
- ☐ Complex PTSD
- ☐ EUPD/BPD
- ☐ Schizophrenia
- ☐ Schizoaffective Disorder
- ☐ ADHD
- ☐ Autism
- ☐ Eating Disorder

☐ Health Anxiety

☐ Panic Disorder

☐ Social Anxiety

☐ Agoraphobia

☐ Phobia

☐ Other:

☐ Prefer not to say

☐ No formal diagnosis

My Preferred Communication

Tick all that apply.

☐ Speak slowly

☐ Give me time to answer

☐ Write information down

☐ Simple, clear language

☐ Avoid medical jargon

☐ Ask one question at a time

☐ Allow someone to attend with me

☐ Give me time to process information

☐ Check that I have understood

☐ Other:

Things That Help Professionals Support Me

For example:

I become overwhelmed if too much information is given at once.

I find eye contact difficult.

I struggle to remember conversations.

I may need reassurance.

I find waiting rooms increase my anxiety.

Physical Health Conditions (Optional)

Please list any important physical health conditions.

Allergies

Current Medication

Anything Else You'd Like Professionals to Know

Use this space to tell healthcare professionals anything important about you.

Why this section matters

Sharing information about how you communicate, what support you need and who is involved in your care can help healthcare professionals provide more personalised and effective support.

Next: Section 2 – My Mental Health Journey, where you'll build a timeline of your mental health, including when difficulties began, major life events, previous treatments, hospital admissions and important milestones in your recovery.

Section 2 – My Mental Health Journey

Understanding your mental health journey can help you and your healthcare professionals recognise patterns, understand what has helped in the past and plan future care.

This section is your personal story. There are no right or wrong answers.

My Mental Health Timeline

Think about the important moments in your journey.

Age/Year	What Happened?	How Did It Affect Me?
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When Did You First Notice Changes?

Approximately when did your mental health difficulties begin?

What symptoms did you notice?

- ☐ Feeling low
- ☐ Anxiety
- ☐ Panic attacks
- ☐ Difficulty sleeping
- ☐ Mood swings
- ☐ Hearing or seeing things others didn't
- ☐ Obsessive thoughts
- ☐ Compulsive behaviours
- ☐ Self-harm
- ☐ Suicidal thoughts
- ☐ Difficulty concentrating
- ☐ Social withdrawal
- ☐ Anger or irritability
- ☐ Other

Significant Life Events

Sometimes major life events can affect our mental health.

Tick any that apply.

- ☐ Bereavement
- ☐ Relationship breakdown
- ☐ Divorce
- ☐ Trauma

- ☐ Abuse
- ☐ Bullying
- ☐ Financial difficulties
- ☐ Job loss
- ☐ Long-term illness
- ☐ Becoming a parent
- ☐ Caring responsibilities
- ☐ Housing problems
- ☐ Loneliness
- ☐ Other

Previous Support Received

Tick everything you've accessed.

- ☐ GP support
- ☐ Counselling
- ☐ CBT
- ☐ DBT
- ☐ EMDR
- ☐ NHS Talking Therapies
- ☐ Community Mental Health Team
- ☐ Crisis Team
- ☐ Psychiatrist

- ☐ Psychologist
- ☐ Peer Support Group
- ☐ Voluntary Organisation
- ☐ Private Therapy
- ☐ Other

Hospital Admissions (If Applicable)

Date	Hospital	Reason	Length of Stay
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What Has Helped Me Most?

Think about treatments, people or strategies that have made a positive difference.

- ☐ Medication
- ☐ Talking therapy
- ☐ Family support
- ☐ Friends
- ☐ Exercise
- ☐ Walking
- ☐ Mindfulness
- ☐ Music

- ☐ Creative hobbies
- ☐ Peer support
- ☐ Faith or spirituality
- ☐ Routine
- ☐ Nature
- ☐ Volunteering
- ☐ Work
- ☐ Other

Details:

What Makes Things More Difficult?

My Strengths

Mental health challenges do not define who you are.

What strengths have helped you through difficult times?

- ☐ Kindness
- ☐ Determination
- ☐ Creativity
- ☐ Compassion
- ☐ Sense of humour
- ☐ Patience
- ☐ Problem-solving
- ☐ Honesty
- ☐ Resilience
- ☐ Hope
- ☐ Other

Looking Back

What have I learned about myself?

What am I proud of?

What gives me hope for the future?

Reflection

Every person's mental health journey is unique. Looking back isn't about dwelling on the past—it's about recognising how far you've come, understanding your experiences and identifying what supports your recovery.

Next: Section 3 – Diagnoses & Conditions, where you'll record formal diagnoses, symptoms, how they affect your daily life, treatments received and any questions you have for your healthcare professionals.

Section 3 – Diagnoses & Conditions

This section gives you a place to record any mental health conditions you have been diagnosed with, are being assessed for, or feel may be affecting your wellbeing. It can help healthcare professionals understand your experiences and how they impact your daily life.

You do not need a formal diagnosis to complete this section.

Current Diagnoses

Tick any that apply.

- ☐ Anxiety Disorder
- ☐ Generalised Anxiety Disorder (GAD)
- ☐ Panic Disorder
- ☐ Social Anxiety Disorder
- ☐ Agoraphobia
- ☐ Depression
- ☐ Bipolar Disorder
- ☐ Obsessive Compulsive Disorder (OCD)
- ☐ Post-Traumatic Stress Disorder (PTSD)
- ☐ Complex PTSD (C-PTSD)
- ☐ Emotionally Unstable Personality Disorder (EUPD/BPD)
- ☐ Schizophrenia
- ☐ Schizoaffective Disorder
- ☐ Psychosis
- ☐ ADHD
- ☐ Autism Spectrum Condition
- ☐ Eating Disorder
- ☐ Health Anxiety
- ☐ Body Dysmorphic Disorder (BDD)
- ☐ Dissociative Disorder
- ☐ Prolonged Grief Disorder
- ☐ Substance Use Disorder
- ☐ Other:

☐ Currently awaiting assessment

☐ No formal diagnosis

My Diagnoses

Diagnosis	Date Diagnosed	Diagnosed By	Current Treatment
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How My Mental Health Affects Me

Tick any that you experience.

Thoughts

☐ Constant worrying

☐ Racing thoughts

☐ Negative thoughts

☐ Intrusive thoughts

☐ Difficulty concentrating

☐ Memory problems

☐ Feeling hopeless

☐ Low self-esteem

☐ Suicidal thoughts

☐ Other

Emotions

- ☐ Anxiety
- ☐ Sadness
- ☐ Feeling overwhelmed
- ☐ Irritability
- ☐ Anger
- ☐ Emotional numbness
- ☐ Mood swings
- ☐ Guilt
- ☐ Shame
- ☐ Fear
- ☐ Other

Physical Symptoms

- ☐ Panic attacks
- ☐ Poor sleep
- ☐ Fatigue
- ☐ Muscle tension
- ☐ Headaches

☐ Changes in appetite

☐ Chest tightness

☐ Breathlessness

☐ Dizziness

☐ Nausea

☐ Other

Daily Life

My mental health affects:

☐ Work

☐ Education

☐ Relationships

☐ Parenting

☐ Self-care

☐ Personal hygiene

☐ Housework

☐ Shopping

☐ Finances

☐ Driving

☐ Socialising

☐ Leaving the house

☐ Managing appointments

☐ Other

My Current Treatment

Tick all that apply.

☐ Medication

☐ GP reviews

☐ Counselling

☐ CBT

☐ DBT

☐ EMDR

☐ Psychology

☐ Psychiatry

☐ Community Mental Health Team

☐ Peer Support

☐ Support Worker

☐ Occupational Therapy

☐ Social Prescribing

☐ Exercise programme

☐ Self-help resources

☐ Other

What Helps My Recovery?

What Makes My Mental Health Worse?

Questions for My Healthcare Professional

1.

2.

3.

4.

5.

My Recovery Goals

What would I like to improve over the next few months?

- ☐ Better sleep
- ☐ Reduce anxiety
- ☐ Improve mood
- ☐ Build confidence
- ☐ Return to work or education
- ☐ Improve relationships
- ☐ Increase physical activity
- ☐ Reduce isolation
- ☐ Learn new coping skills
- ☐ Improve daily routine
- ☐ Other

Remember

A diagnosis can help explain what you are experiencing, but it does not define who you are. Recovery is personal, and with the right support, many people learn effective ways to manage their mental health and live fulfilling lives.

Next: Section 4 – Symptoms & Daily Experiences, a detailed section to track moods, anxiety, panic attacks, intrusive thoughts, psychosis symptoms, sleep, motivation, self-care, concentration and daily functioning over time.

Section 4 – Symptoms & Daily Experiences

Mental health symptoms can change from day to day. Recording how you're feeling can help you identify patterns, recognise early warning signs and give healthcare professionals a clearer picture of your experiences.

Complete this section as often as you find helpful.

Daily Mental Health Check-In

Date: _____

Overall Mood

Rate your mood today.

1 2 3 4 5 6 7 8 9 10

(Very Low → Very Good)

Anxiety

How anxious have you felt today?

1 2 3 4 5 6 7 8 9 10

(None → Extreme)

Stress

1 2 3 4 5 6 7 8 9 10

(None → Extreme)

Energy Levels

1 2 3 4 5 6 7 8 9 10

(No Energy → Full of Energy)

Motivation

1 2 3 4 5 6 7 8 9 10

(None → Very Motivated)

Symptoms I Experienced Today

Tick any that apply.

Mood

☐ Low mood

☐ Tearful

☐ Feeling empty

☐ Hopelessness

☐ Mood swings

☐ Irritable

- ☐ Feeling emotionally numb
- ☐ Feeling unusually happy or energetic

Anxiety

- ☐ Constant worrying
- ☐ Feeling on edge
- ☐ Restlessness
- ☐ Panic attack
- ☐ Racing heart
- ☐ Shortness of breath
- ☐ Shaking
- ☐ Feeling overwhelmed

Thoughts

- ☐ Racing thoughts
- ☐ Negative thoughts
- ☐ Intrusive thoughts
- ☐ Difficulty concentrating
- ☐ Memory problems
- ☐ Self-critical thoughts
- ☐ Suicidal thoughts
- ☐ Thoughts of self-harm

Perception

- ☐ Hearing voices
- ☐ Seeing things others don't
- ☐ Feeling suspicious
- ☐ Feeling detached from reality
- ☐ Dissociation
- ☐ Feeling disconnected from myself
- ☐ Feeling disconnected from my surroundings

Behaviour

- ☐ Avoiding people
- ☐ Stayed in bed
- ☐ Isolated myself
- ☐ Couldn't leave the house
- ☐ Increased activity
- ☐ Restlessness
- ☐ Compulsive behaviours
- ☐ Used alcohol or drugs to cope

Physical Symptoms

- ☐ Poor sleep
- ☐ Fatigue

- ☐ Headache
- ☐ Muscle tension
- ☐ Chest tightness
- ☐ Nausea
- ☐ Poor appetite
- ☐ Overeating
- ☐ Dizziness
- ☐ Other

Daily Functioning

Today I was able to:

- ☐ Get out of bed
- ☐ Shower or wash
- ☐ Brush my teeth
- ☐ Eat regular meals
- ☐ Drink enough water
- ☐ Leave the house
- ☐ Attend work or education
- ☐ Complete household tasks
- ☐ Speak to someone
- ☐ Enjoy something today

Panic Attack Record (If Applicable)

Date & Time

How long did it last?

What do you think triggered it?

What symptoms did you experience?

What helped afterwards?

My Thoughts Today

Write anything important about how you're feeling.

What Helped Today?

Tick anything that helped.

- ☐ Medication
- ☐ Talking to someone
- ☐ Rest
- ☐ Exercise
- ☐ Walking
- ☐ Fresh air
- ☐ Music
- ☐ Reading
- ☐ Journalling
- ☐ Breathing exercises
- ☐ Grounding techniques
- ☐ Mindfulness
- ☐ Therapy skills
- ☐ Creative activity
- ☐ Spending time with family
- ☐ Spending time with friends
- ☐ Other

Looking Back on Today

The hardest part of today was:

One thing I managed well today:

One thing I'm grateful for today:

Reflection

You don't need to complete every part of this section every day. Even a few notes can help you recognise patterns over time and make it easier to explain your experiences during appointments.

Remember, difficult days do not erase the progress you've already made.

Next: Section 5 – Mood, Anxiety & Emotion Tracker, featuring weekly and monthly trackers, emotion wheels, anxiety scales, depression monitoring, and pattern recognition to help identify changes over time.

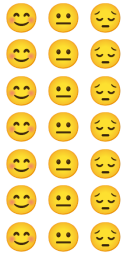
Section 5 – Mood, Anxiety & Emotion Tracker

Our emotions naturally change from day to day. Tracking them over time can help you recognise patterns, understand what influences your mental health and identify when you may need additional support.

There are no "good" or "bad" emotions—every emotion provides information about how you're feeling.

Daily Mood Tracker

Date Mood (1–10) Anxiety (1–10) Stress (1–10) Energy (1–10) Overall Day



Weekly Mood Review

This week my mood was mostly:

- ☐ Very Good
- ☐ Good
- ☐ Okay
- ☐ Low
- ☐ Very Low

My anxiety this week was:

- ☐ None
- ☐ Mild
- ☐ Moderate
- ☐ High

☐ Severe

My stress this week was:

☐ Low

☐ Moderate

☐ High

☐ Very High

This week I noticed...

Emotion Check-In

Tick any emotions you experienced today.

Happy Emotions

☐ Calm

☐ Happy

☐ Hopeful

☐ Proud

☐ Loved

☐ Relaxed

☐ Excited

☐ Grateful

Difficult Emotions

☐ Sad

☐ Lonely

☐ Guilty

☐ Ashamed

☐ Angry

☐ Frustrated

☐ Disappointed

☐ Embarrassed

☐ Overwhelmed

☐ Hopeless

☐ Numb

☐ Fearful

☐ Anxious

☐ Jealous

☐ Worthless

☐ Other

Anxiety Scale

What made you anxious today?

- ☐ Social situations
- ☐ Work
- ☐ School or college
- ☐ Money
- ☐ Health
- ☐ Family
- ☐ Relationships
- ☐ Phone calls
- ☐ Crowds
- ☐ Leaving the house
- ☐ Appointments
- ☐ Uncertainty
- ☐ Other

Depression Check-In

Today I experienced:

- ☐ Loss of interest
- ☐ Low motivation
- ☐ Poor concentration

- ☐ Low energy
- ☐ Poor sleep
- ☐ Oversleeping
- ☐ Poor appetite
- ☐ Eating more than usual
- ☐ Feeling hopeless
- ☐ Feeling like a burden
- ☐ Difficulty enjoying things
- ☐ Feeling isolated

Positive Moments Today

Even on difficult days, small positives matter.

Today I...

- ☐ Smiled
- ☐ Laughed
- ☐ Spoke to someone
- ☐ Left the house
- ☐ Completed a task
- ☐ Ate well
- ☐ Took my medication
- ☐ Practised self-care
- ☐ Helped someone
- ☐ Asked for help
- ☐ Relaxed

☐ Achieved a personal goal

Pattern Recognition

Looking over the past week...

I notice my mood is worse when:

I notice my mood improves when:

My biggest trigger seems to be:

My biggest support seems to be:

End of Month Reflection

This month I am proud that...

The biggest challenge was...

Next month I would like to focus on...

Remember

Emotions are constantly changing. A difficult day—or even a difficult week—does not mean you are failing. By recognising patterns and understanding your emotional wellbeing, you can take positive steps towards managing your mental health and seek support when you need it.

Next: Section 6 – Sleep, Energy & Daily Routine, covering sleep quality, nightmares, fatigue, daily structure, self-care, motivation and routines, as these are often closely linked to mental wellbeing.

Section 6 – Sleep, Energy & Daily Routine

Sleep, energy levels and daily routines have a significant impact on mental wellbeing. This section helps you identify patterns, understand what affects your wellbeing and recognise small changes that can support your recovery.

Remember, there is no "perfect" routine. The aim is to find what works for you.

Sleep Record

Date (1–10)	Bedtime	Time Fell Asleep	Wake Time	Hours Slept	Sleep Quality
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Sleep Difficulties

Tick any that applied.

- ☐ Difficulty falling asleep
- ☐ Waking during the night
- ☐ Early morning waking
- ☐ Sleeping too much
- ☐ Nightmares
- ☐ Night terrors
- ☐ Restless sleep
- ☐ Racing thoughts
- ☐ Anxiety at bedtime
- ☐ Poor sleep routine
- ☐ Other

Energy Levels

Date	Morning	Afternoon	Evening	Overall (1–10)
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My Daily Routine

Tick the activities you completed today.

Morning

- ☐ Got out of bed
- ☐ Washed or showered
- ☐ Brushed teeth
- ☐ Got dressed
- ☐ Ate breakfast
- ☐ Took medication

During the Day

- ☐ Ate lunch
- ☐ Drank enough water
- ☐ Left the house
- ☐ Went to work or education

☐ Attended an appointment

☐ Exercised

☐ Spoke to someone

☐ Took breaks

Evening

☐ Ate dinner

☐ Relaxed

☐ Limited screen time before bed

☐ Took evening medication

☐ Followed a bedtime routine

☐ Went to bed at my planned time

Self-Care Checklist

Today I...

☐ Drank enough water

☐ Ate regular meals

☐ Took my medication

☐ Spent time outdoors

☐ Practised relaxation

☐ Listened to music

☐ Read a book

☐ Journalled

☐ Spent time with loved ones

☐ Asked for help

☐ Took time for myself

☐ Did something I enjoy

Fatigue Tracker

If you experienced fatigue today, what do you think contributed to it?

☐ Poor sleep

☐ Anxiety

☐ Depression

☐ Stress

☐ Medication

☐ Physical illness

☐ Too much activity

☐ Lack of activity

☐ Other

What Helped My Energy Today?

My Routine Reflection

What went well today?

What was difficult?

One small thing I'd like to improve tomorrow:

Healthy Routine Goals

Choose one or two goals to focus on this week.

☐ Go to bed at the same time

☐ Wake up at the same time

☐ Eat regular meals

☐ Drink more water

☐ Exercise gently

- ☐ Spend time outdoors
- ☐ Reduce caffeine
- ☐ Reduce alcohol
- ☐ Reduce screen time before bed
- ☐ Practise relaxation
- ☐ Other

Remember

Sleep and routine can be affected by many things, including mental health conditions, medication, stress and physical health. Missing a routine for a day doesn't mean you've failed. Every day is a new opportunity to start again, and even small changes can make a positive difference over time.

Next: Section 7 – Coping Strategies & Self-Care Toolkit, where you'll build your own personalised collection of coping skills, grounding techniques, calming activities, distraction ideas, comfort items and wellbeing strategies to use during difficult moments.

Section 7 – Coping Strategies & Self-Care Toolkit

Everyone copes differently. What works for one person may not work for another. This section is designed to help you build your own personalised toolkit of strategies that you can turn to during difficult moments.

Try different ideas and keep the ones that work best for you.

My Early Warning Signs

How do I know my mental health is beginning to decline?

Tick any that apply.

- ☐ Poor sleep
- ☐ Increased anxiety
- ☐ Feeling low
- ☐ Racing thoughts
- ☐ Irritability
- ☐ Becoming withdrawn
- ☐ Avoiding people
- ☐ Missing medication
- ☐ Poor appetite
- ☐ Overeating
- ☐ Feeling overwhelmed
- ☐ Crying more often
- ☐ Panic attacks
- ☐ Using alcohol or drugs more
- ☐ Loss of motivation
- ☐ Other

My Personal Coping Strategies

Write down the things that genuinely help you.

Grounding Techniques

Tick the techniques you find helpful.

- ☐ 5-4-3-2-1 grounding exercise
- ☐ Deep breathing
- ☐ Progressive muscle relaxation
- ☐ Mindfulness
- ☐ Counting backwards
- ☐ Holding a comforting object
- ☐ Listening to calming music
- ☐ Going outside
- ☐ Stretching
- ☐ Drinking water slowly
- ☐ Other

My Calm Box

What could you keep in a comfort or calm box?

- ☐ Favourite photographs

- ☐ Positive quotes
- ☐ Stress ball
- ☐ Sensory/fidget item
- ☐ Blanket
- ☐ Favourite scent
- ☐ Colouring book
- ☐ Journal
- ☐ Puzzle book
- ☐ Headphones
- ☐ Snacks
- ☐ Other

Healthy Distractions

When my thoughts become overwhelming, I can:

- ☐ Go for a walk
- ☐ Watch a favourite film
- ☐ Listen to music
- ☐ Read
- ☐ Draw or colour
- ☐ Play a game
- ☐ Cook or bake
- ☐ Garden

☐ Clean or organise

☐ Exercise

☐ Phone someone

☐ Spend time with a pet

☐ Volunteer

☐ Other

My Safe People

Who can I contact when I'm struggling?

Name	Relationship	Telephone
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Helpful Places

Where do you feel safest or most relaxed?

☐ Home

☐ Garden

☐ Family member's home

☐ Friend's home

☐ Park

☐ Beach

☐ Woodland

☐ Place of worship

☐ Café

☐ Library

☐ Other

Positive Reminders

Write a few things you would like to remind yourself during difficult times.

I have overcome difficult days before.

My feelings will not last forever.

I deserve kindness and support.

Self-Care Ideas

Tick anything you enjoy or would like to try.

- ☐ Have a shower or bath
- ☐ Eat a nourishing meal
- ☐ Drink enough water
- ☐ Spend time outdoors
- ☐ Listen to music
- ☐ Watch something comforting
- ☐ Journal
- ☐ Practice gratitude
- ☐ Gentle exercise
- ☐ Meditation
- ☐ Crafting
- ☐ Reading
- ☐ Spend time with loved ones
- ☐ Spend time with pets
- ☐ Learn something new
- ☐ Other

My Personal Wellbeing Plan

When I notice I'm struggling, I will...

Before things get worse, I will...

If I need extra support, I will contact...

Remember

Your coping toolkit is unique to you. Review it regularly and add new ideas as you discover what helps. Having these strategies written down can make it easier to use them when you're feeling overwhelmed or distressed.

Next: Section 8 – Triggers, Relapse Prevention & Crisis Planning, where you'll identify personal triggers, recognise early warning signs of relapse, develop a crisis plan and record the support that helps you stay safe during difficult times.

Section 8 – Triggers, Relapse Prevention & Crisis Planning

Recognising your triggers and early warning signs can help you take action before your mental health becomes more difficult to manage. This section is designed to support prevention, planning and communication with the people involved in your care.

You can complete this on your own or with a trusted healthcare professional.

My Triggers

Tick any situations that commonly affect your mental health.

Life Events

- ☐ Bereavement
- ☐ Relationship difficulties
- ☐ Family conflict
- ☐ Financial worries
- ☐ Housing problems
- ☐ Work stress
- ☐ Unemployment
- ☐ Caring responsibilities
- ☐ Loneliness
- ☐ Significant anniversaries
- ☐ Other

Physical Health

- ☐ Poor sleep
- ☐ Chronic pain
- ☐ Illness
- ☐ Medication changes
- ☐ Hormonal changes
- ☐ Alcohol

☐ Recreational drugs

☐ Poor diet

☐ Lack of exercise

☐ Other

Environmental Triggers

☐ Crowded places

☐ Loud noises

☐ Conflict

☐ Social media

☐ Being alone

☐ Specific places

☐ Certain people

☐ Travel

☐ Waiting rooms

☐ Other

My Early Warning Signs

Before my mental health becomes worse, I usually notice:

☐ Sleeping more

- ☐ Sleeping less
- ☐ Increased anxiety
- ☐ Feeling low
- ☐ Mood changes
- ☐ Panic attacks
- ☐ Becoming withdrawn
- ☐ Cancelling plans
- ☐ Increased irritability
- ☐ Poor concentration
- ☐ Changes in appetite
- ☐ Missing medication
- ☐ Loss of interest in hobbies
- ☐ Increased alcohol or drug use
- ☐ Neglecting personal care
- ☐ Other

What Usually Helps at This Stage?

My Relapse Prevention Plan

When I notice my warning signs, I will:

- ☐ Speak to someone I trust
- ☐ Contact my GP
- ☐ Contact my mental health team
- ☐ Attend therapy
- ☐ Use my coping strategies
- ☐ Follow my daily routine
- ☐ Prioritise sleep
- ☐ Take my medication as prescribed
- ☐ Reduce unnecessary stress
- ☐ Ask for practical help
- ☐ Other

My Personal Crisis Plan

If I feel I am reaching crisis point:

Step 1

Step 2

Step 3

Step 4

Step 5

People I Want Contacted During a Crisis

Name	Relationship	Telephone
------	--------------	-----------

Healthcare Contacts

Service	Name	Telephone
---------	------	-----------

GP Surgery		
Community Mental Health Team		
Care Coordinator		
Psychiatrist		
Therapist		
Crisis Team		
Other		

What Helps Me During a Crisis

Tick anything that is helpful.

- ☐ Calm reassurance
- ☐ A quiet environment
- ☐ Clear, simple communication
- ☐ Someone staying with me
- ☐ Time and space
- ☐ A walk outside
- ☐ My coping toolkit
- ☐ My comfort items
- ☐ Listening without judgement
- ☐ Other

What Doesn't Help

Knowing what isn't helpful can be just as important.

Reasons to Keep Going

When things feel overwhelming, it can help to remember the people, goals and values that matter most to you.

Important people in my life

Things I still want to experience

My hopes for the future

My reasons to keep moving forward

Important

If you believe you are at immediate risk of harming yourself or someone else, or you cannot keep yourself safe, seek urgent help straight away by calling 999 (or your local emergency services) or going to your nearest Emergency Department. If you're struggling but not in immediate danger, contact your GP, your local NHS mental health crisis service, or someone you trust as soon as possible.

Remember

A crisis plan is not a sign that you expect to become unwell—it is a tool to help you and those around you respond quickly and effectively if your mental health deteriorates. Completing it while you are feeling relatively well can make it much easier to use if you need it in the future.

Next: Section 9 – Medication, Therapy & Treatment Record, including medication history, side effects, therapy sessions, treatment plans, reviews and questions for healthcare professionals.

Section 9 – Medication, Therapy & Treatment Record

Treatment is personal, and it can change over time. This section helps you keep an organised record of medications, therapies and other treatments you have received. It can also help you prepare for reviews and appointments with your healthcare team.

Current Medication

Medication	Dose	How Often	Prescribed By	Purpose
------------	------	-----------	---------------	---------

Previous Medication

Medication	Dates Taken	Why It Was Stopped	Side Effects (If Any)
------------	-------------	--------------------	-----------------------

Medication Review

Is my current medication helping?

☐ Yes

☐ Partly

☐ No

What improvements have I noticed?

Any side effects?

Side Effect Tracker

Tick any that apply.

☐ Drowsiness

☐ Difficulty sleeping

☐ Weight gain

☐ Weight loss

☐ Dry mouth

☐ Headaches

☐ Nausea

☐ Dizziness

☐ Tremors

☐ Increased anxiety

☐ Reduced motivation

☐ Sexual side effects

☐ Constipation

☐ Other

Talking Therapies

Tick any therapies you have received.

☐ Counselling

☐ Cognitive Behavioural Therapy (CBT)

☐ Dialectical Behaviour Therapy (DBT)

☐ Eye Movement Desensitisation and Reprocessing (EMDR)

☐ Acceptance and Commitment Therapy (ACT)

☐ Compassion Focused Therapy (CFT)

☐ Interpersonal Therapy (IPT)

☐ Family Therapy

☐ Group Therapy

☐ Trauma Therapy

☐ Other

Therapy Record

Date	Therapist	Type of Therapy	Main Focus	Next Appointment
------	-----------	-----------------	------------	------------------

What I've Learned in Therapy

Skills, techniques or insights I want to remember.

Other Support I've Received

☐ Community Mental Health Team

☐ Crisis Team

☐ Social Worker

☐ Support Worker

☐ Occupational Therapist

☐ Peer Support Group

☐ Charity Support

☐ Social Prescribing

☐ Employment Support

☐ Housing Support

☐ Addiction Support

☐ Other

My Treatment Plan

My current goals

What am I currently working on?

My next review date

Questions for My Healthcare Professional

Write down any questions before your appointment.

1.

2.

3.

4.

5.

Treatment Progress

Thinking about your treatment so far...

What's helping the most?

What still feels difficult?

What would I like to discuss at my next appointment?

Remember

Finding the right treatment can take time. It's common for medications or therapies to be reviewed and adjusted before you find what works best for you. If you have concerns about your treatment, speak to the healthcare professional involved in your care before making any changes.

Next: Section 10 – Recovery, Goals & Living Well, focusing on building confidence, maintaining wellbeing, celebrating progress, setting realistic goals and creating a personalised recovery plan for the future.

Section 10 – Recovery, Goals & Living Well

Recovery means different things to different people. For some, it may mean reducing symptoms. For others, it may mean rebuilding confidence, reconnecting with others, returning to work, or simply getting through each day.

Recovery isn't about being perfect—it's about moving forward at your own pace.

What Recovery Means to Me

In your own words, what does recovery look like for you?

My Personal Strengths

Everyone has strengths, even during difficult times.

Tick any that describe you.

- ☐ Kind
- ☐ Caring
- ☐ Honest
- ☐ Loyal
- ☐ Brave
- ☐ Creative
- ☐ Funny
- ☐ Patient
- ☐ Determined
- ☐ Resilient
- ☐ Good listener
- ☐ Helpful
- ☐ Hard-working
- ☐ Compassionate
- ☐ Reliable
- ☐ Other

My Recovery Goals

Short-Term Goals (Next Month)

1.

2.

3.

Medium-Term Goals (Next 6 Months)

1.

2.

3.

Long-Term Goals (Next 12 Months and Beyond)

1.

2.

3.

My Support Network

People who help me stay well.

Name	Relationship	How They Support Me
------	--------------	---------------------

My Wellbeing Plan

To support my mental health, I will try to:

- ☐ Keep a regular sleep routine
- ☐ Take my medication as prescribed
- ☐ Attend appointments
- ☐ Exercise regularly
- ☐ Eat regular meals
- ☐ Drink enough water
- ☐ Spend time outdoors
- ☐ Connect with friends or family

☐ Practise mindfulness or relaxation

☐ Use my coping strategies

☐ Ask for help when I need it

☐ Limit alcohol or drugs

☐ Other:

My Achievements

Recovery is built from small victories.

Recently I have...

☐ Attended an appointment

☐ Got out of bed on difficult days

☐ Asked for help

☐ Managed a panic attack

☐ Completed a daily task

☐ Returned to work or education

☐ Tried something new

☐ Improved my sleep

☐ Reduced harmful coping behaviours

☐ Supported someone else

☐ Learned a new coping skill

☐ Other:

Things That Give My Life Meaning

Tick anything important to you.

- ☐ Family
- ☐ Friends
- ☐ Pets
- ☐ Children
- ☐ Nature
- ☐ Faith or spirituality
- ☐ Volunteering
- ☐ Helping others
- ☐ Creativity
- ☐ Learning
- ☐ Music
- ☐ Sport
- ☐ Travel
- ☐ Work
- ☐ Other:

My Reasons to Keep Moving Forward

When times are difficult, I want to remember...

Letter to My Future Self

Write yourself a message to read on a difficult day.

Monthly Reflection

This month I am proud of...

I have learned...

I want to continue...

Next month I will focus on...

Remember

Recovery isn't measured by never having difficult days. It's measured by continuing to move forward, learning from setbacks and recognising your own strength. Every step you take matters, no matter how small it may seem.

Be patient with yourself. Celebrate progress, not perfection.

Next: Section 11 – Mental Health Appointments, Reviews & Professional Notes, a comprehensive record for GP visits, psychiatrist appointments, therapy sessions, care plans, referrals, Mental Health Act information (if applicable), and space for professional recommendations.

Section 11 – Mental Health Appointments, Reviews & Professional Notes

Regular reviews can help ensure your treatment continues to meet your needs. This section provides space to prepare for appointments, record important discussions and keep track of any agreed actions or changes to your care.

Bring this workbook with you to appointments if you feel it would be helpful.

Upcoming Appointments

Date	Time	Professional	Location	Purpose
------	------	--------------	----------	---------

Appointment Planner

Complete before each appointment.

Date

Professional

Reason for today's appointment

How have I been since my last appointment?

- ☐ Much better
- ☐ Slightly better
- ☐ About the same
- ☐ Slightly worse
- ☐ Much worse

Explain:

Things I'd Like to Discuss

- ☐ Mood
- ☐ Anxiety
- ☐ Sleep
- ☐ Medication
- ☐ Side effects
- ☐ Therapy
- ☐ Relationships
- ☐ Work or education
- ☐ Physical health
- ☐ Self-care
- ☐ Suicidal thoughts
- ☐ Self-harm
- ☐ Other

Questions for My Appointment

1.

2.

3.

4.

5.

Appointment Summary

Date

Professional Seen

Main Discussion

Advice Given

Changes Made

Tick any that apply.

- ☐ Medication changed
- ☐ Medication started
- ☐ Medication stopped
- ☐ Therapy recommended
- ☐ Therapy completed
- ☐ Referral made
- ☐ Further assessment arranged
- ☐ Follow-up booked
- ☐ Care plan updated
- ☐ No changes

Other:

Action Plan

Following this appointment I need to:

- ☐ Collect medication
- ☐ Book another appointment
- ☐ Arrange blood tests
- ☐ Contact another service
- ☐ Complete therapy homework
- ☐ Practise coping strategies
- ☐ Monitor symptoms
- ☐ Continue current treatment
- ☐ Other

Referrals

Date	Referred To	Reason	Outcome
------	-------------	--------	---------

Care Plan Review

If you have a care plan, record any updates here.

Review Date

Changes

Mental Health Act Information (If Applicable)

This section is optional.

Have you ever been detained under the Mental Health Act?

☐ Yes

☐ No

If yes:

Section (if known)

Year

Hospital

Anything important professionals should know

Professional Recommendations

Use this space to record advice or recommendations from healthcare professionals.

My Notes After the Appointment

How do I feel after today's appointment?

What do I want to remember?

Reflection

Appointments can sometimes feel overwhelming, and it's easy to forget important information afterwards. Writing down what was discussed, any changes to your treatment and the next steps can help you feel more organised and make future appointments easier to manage.

Next: Section 12 – My Mental Health Toolbox & Recovery Resources, bringing together your favourite coping skills, grounding techniques, positive reminders, crisis contacts, personal achievements and a personalised "What I Need When I'm Struggling" plan that you can quickly refer to whenever you need it.

Section 12 – My Mental Health Toolbox & Recovery Resources

This section brings together the people, places, skills and reminders that help you through difficult times. Think of it as your personal "go-to" guide whenever you're struggling.

You can update this section whenever you discover something new that supports your wellbeing.

My Personal Mental Health Toolbox

Things That Calm Me

Tick or add what helps you feel calmer.

- ☐ Deep breathing
- ☐ Going for a walk
- ☐ Listening to music

☐ Watching a favourite programme

☐ Reading

☐ Colouring or drawing

☐ Journalling

☐ Prayer or spirituality

☐ Mindfulness

☐ Gardening

☐ Spending time with pets

☐ Talking to someone

☐ Other:

My Comfort Items

Things that help me feel safe or comforted.

☐ Blanket

☐ Favourite hoodie

☐ Pillow

☐ Soft toy

☐ Stress ball

☐ Fidget toy

☐ Essential oils

☐ Favourite mug

☐ Photos

☐ Music playlist

☐ Other:

My Emergency Coping Skills

When my emotions feel overwhelming, I can:

☐ Use the 5-4-3-2-1 grounding technique

☐ Slow my breathing

☐ Drink a glass of water

☐ Move to a quieter place

☐ Contact someone I trust

☐ Write down my thoughts

☐ Go for a short walk

☐ Listen to calming music

☐ Use positive self-talk

☐ Contact a healthcare professional

☐ Other:

My Positive Reminders

Complete these sentences.

I have survived difficult times before because...

One thing I like about myself is...

Someone who cares about me is...

Something worth looking forward to is...

Today I only need to take one step at a time.

My Safe Places

Places where I usually feel more settled.

Place	Why It Helps
-------	--------------

My Support Contacts

Name	Relationship	Telephone	When I Usually Contact Them
------	--------------	-----------	-----------------------------

My Favourite Self-Care Activities

- ☐ Bath or shower
- ☐ Walking
- ☐ Cooking
- ☐ Reading
- ☐ Films or TV
- ☐ Music
- ☐ Exercise
- ☐ Photography
- ☐ Art
- ☐ Crafting
- ☐ Gaming
- ☐ Spending time with family
- ☐ Spending time with friends
- ☐ Nature
- ☐ Meditation
- ☐ Other:

My Personal Recovery Reminders

When I'm struggling, I need to remember:

- ☐ Recovery isn't linear.
- ☐ Difficult feelings will pass.
- ☐ I don't have to face this alone.
- ☐ Asking for help is a strength.
- ☐ Rest is productive.
- ☐ My thoughts are not always facts.
- ☐ Small steps are still progress.
- ☐ I deserve kindness, including from myself.

My own reminder:

My Achievements

Write down moments you're proud of, no matter how small.

My Personal "When I'm Struggling" Plan

I notice...

I need...

Please don't...

It really helps if someone...

If I cannot keep myself safe...

My Hope for the Future

Write a few words about the future you hope to build.

Final Reflection

Your mental health toolbox is unique to you. There is no single strategy that works for everyone, and it's okay if your needs change over time. Return to this section regularly,

update it with new ideas and remember that every tool you add is another way of supporting yourself through difficult moments.

Building a toolbox isn't about preventing every difficult day—it's about reminding yourself that you have options, support and strengths to draw upon.

Next: Section 13 – Mental Health Contacts, Emergency Resources & Final Reflection, bringing the workbook to a close with UK support services, personal emergency contacts, space for final reflections, the Safe Haven Connect CIC disclaimer and information about Safe Haven Connect CIC.

Section 13 – Mental Health Contacts, Emergency Resources & Final Reflection

This final section brings together important contact information, personal emergency details and space to reflect on your journey. You may wish to review this section regularly and update it whenever your circumstances change.

My Emergency Contacts

Name	Relationship	Telephone
------	--------------	-----------

My Healthcare Contacts

Service	Name	Telephone
---------	------	-----------

GP Surgery		
Community Mental Health Team		
Care Coordinator		
Psychiatrist		
Psychologist		
Therapist/Counsellor		
Pharmacy		
Crisis Team		

Other

UK Mental Health Support

If you need support, you do not have to face things alone.

NHS 111

If you need urgent mental health support but it is not a life-threatening emergency, contact NHS 111 and select the mental health option if available in your area.

Emergency Services

If you or someone else is in immediate danger, or you cannot keep yourself or others safe:

Call 999 immediately or attend your nearest Accident & Emergency (A&E) department.

Samaritans

Available 24 hours a day for anyone who needs someone to listen.

Telephone: 116 123 (free)

SHOUT

Free, confidential text support.

Text: SHOUT to 85258

My Personal Emergency Plan

If I feel my mental health is becoming overwhelming, I will:

- ☒ Tell someone I trust.
- ☒ Contact my GP or mental health team.
- ☒ Use my coping strategies.
- ☒ Follow my crisis plan.

☒ Seek urgent help if I cannot keep myself safe.

Important Information I'd Like Professionals to Know

My Final Reflection

Since completing this workbook, I have learned:

The biggest thing I want to remember is:

My message to my future self:

Congratulations

You have completed your Safe Haven Connect CIC · My Mental Health Record.

This workbook is designed to grow with you. Your mental health journey may change over time, and so can this workbook. Update it whenever your circumstances, treatment or goals change.

Remember:

Your experiences are valid.

Recovery is possible.

Asking for help is a sign of strength.

You are more than your diagnosis.

Every small step forward matters.

Take this workbook with you to appointments if you feel it will help healthcare professionals understand your experiences and provide the support that is right for you.

Disclaimer

This workbook has been created by Safe Haven Connect CIC for educational, self-management and appointment preparation purposes only. It is not intended to replace professional medical advice, diagnosis or treatment.

If you have concerns about your mental health, speak to your GP or another qualified healthcare professional. If you believe you are at immediate risk of harming yourself or someone else, call 999 or go to your nearest Accident & Emergency department.

About Safe Haven Connect CIC

Safe Haven Connect CIC is a UK Community Interest Company dedicated to making mental health support accessible to everyone.

We provide free mental health resources, self-help workbooks, peer support, wellbeing tools and educational information to help people better understand and manage their mental health.

Our mission is simple: No one should have to face mental health challenges alone.

Website: <https://safehavenconnect.org>

Free Workbook Library: <https://safehavenconnect.org/workbooks>

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