

## Exercise

# My Panic Plan

When our mental health takes a dip, it can sometimes be hard to see it happening until things have become difficult to regain control.

It can help to identify the signs for yourself and for others in advance, so that you can identify problems early and know what to do about them:

What will I notice?

What will other people notice?

Who do I need to talk to?

What should they do?

### My key telephone numbers are:

Write them down here in case, for some reason, your phone is not working:

Name	Telephone number