

ACUMEN

RAMH IS A CHARITY REGISTERED IN SCOTLAND: SC010430

ADVANCING COMMUNITY UNDERSTANDING OF MENTAL & EMOTIONAL NEEDS

MAKE A PLAN
TO TAKE CARE
OF **YOURSELF**
EVERY DAY



How am I feeling today?

Take the time you need to think deeply and use words (like anxious, lonely, tired, stressed etc) that can help you find solutions. How long have you been feeling this way?

What can I do if I'm not feeling like myself today?

Can you consider phoning someone, pushing yourself to get out and do something you enjoy, deal with something you've been putting off, relax...What can you do to help yourself?

ACUMEN



CONTACT US!

sscp@acumennetwork.org
01546 607 210



"Acumen Network"



@acumen_scotland

What has helped me in the past if I have been struggling?

Keep the focus on things that have REALLY helped. Don't include suggestions that could have longer term negative consequences for you.

Who can I call/speak to if I'm really struggling?

If you need help now: Samaritans on 116 123 (24 hours) or text 07725909090. Breathing Space on 0800 838587 (24 hours over weekend and 6pm to 2am Monday-Thursday). SHOUT 24/7 text 85258. Call your GP or NHS 24 on 111.

What do other people need to know about me to help me if I'm struggling?

Think about practical & emotional things like responsibilities you have, what you care about and your beliefs.

Use more paper if you need it to complete your self-care plan.

Most of us struggle with physical and mental health at some point during our lives. Creating a self-care plan could empower you to be more resilient during tough times when your mental health is under pressure. If you don't know where to start or you'd like some support, contact ACUMEN on 01546 607 210 or email sscp@acumennetwork.org to access a completely free service to help you create your personal mental health plan. Mental health charity ACUMEN is delivering this service, which has been funded by Argyll & Bute Health and Social Care Partnership's Living Well Grant, with the charities Support in Mind Scotland and the Listening Service.

Find out more at: <https://sscp.ramh.org/>.

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