



SAFETY CRISIS PLAN JOURNAL



This Book Belongs To

SELF-CARE

SELF-CARE

DAILY AFFIRMATIONS

I AM CAPABLE OF
ACHIEVING MY
GOALS AND
DREAMS.

I AM CONFIDENT
IN MY ABILITIES
AND BELIEVE IN
MYSELF.

I AM GRATEFUL
FOR ALL THE
BLESSINGS
IN MY LIFE.

I AM IN CONTROL
OF MY THOUGHTS
AND EMOTIONS.

I AM WORTHY OF
LOVE, HAPPINESS,
AND SUCCESS.

I CHOOSE
HAPPINESS AND
POSITIVITY EVERY
DAY

@THEGIRLSCLUB.LIFE

My Personal Crisis Plan

My Feelings when im triggered	Good Distractions		

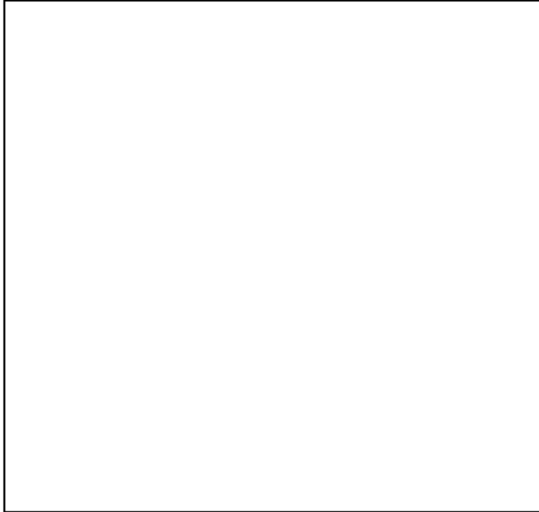
[illegible]

Resources in my area

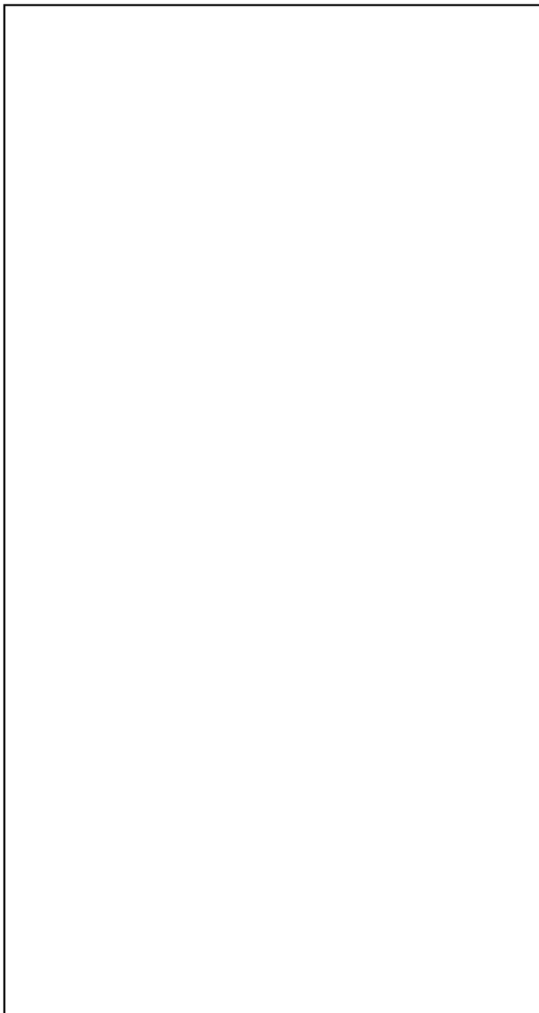
My thoughts log

Reasons For Living

Glimmers

A large, empty rectangular box with a black border, intended for writing down glimmers.

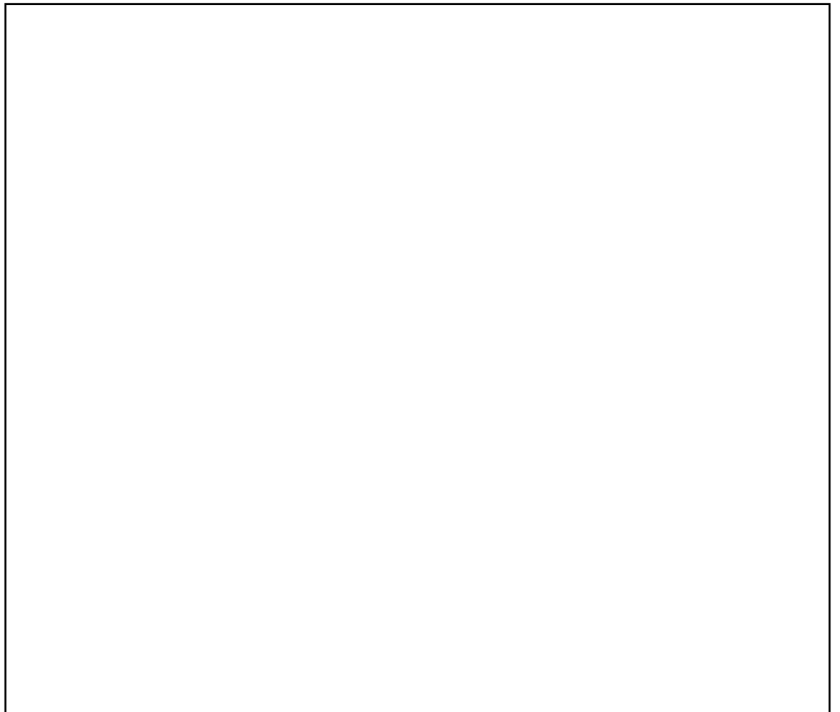
Values & Beliefs

A large, empty rectangular box with a black border, intended for writing down values and beliefs.

People In Your Life

A large, empty rectangular box with a black border, intended for writing down people in your life.

Responsibilities

A large, empty rectangular box with a black border, intended for writing down responsibilities.



My Safety Plan



MY CIRCLE OF SUPPORT

MY TRIGGERS

MY STRENGTHS

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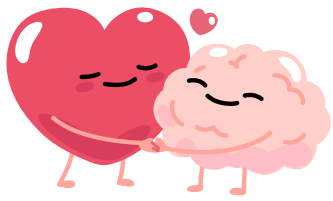
MY COPING SKILLS

--

MY TRIGGERS

MY DISTRACTIONS

--



My Safety Tracker

My warning Signs

My Coping Skills

People I can reach out to for distractions

Person 1.

Person 2.

Person 3.

People I can reach out to for Help

Person 1.

Person 2.

Person 3.

Steps I can take to make my environment better

In the event of the crises



This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins or other markings on the paper.



NextTime I Will

[illegible]

Self Care Goal

Main Goals

How can reach my goal

Why do I Want this

What will my life look like once I've manifested my desires?

Favorite Affirmation List

[illegible]

Self Care Tracker

[illegible]

Challenge Thoughts

Repeated or new Negative Thoughts

Does this thought help me?

Is this thought the truth?

What would someone who loves me say to me

Is There A Better And More Empowering Way To Look At This?

Worry Exploration

Am I worrying about something that might never happen?

Is there anything I can physically do to resolve the problem? If so, what?

Am I creating worries to feed my habit of overthinking? If so, why?

Now that you have challenged the worry, how has your perspective changed?

Mindfulness Worksheet

[illegible]

Acceptance Worksheet

[illegible]

My Main Goals

Fun	
Family	
Friends	

Describe how your Life will be different when you accomplish your goals

Monthly Self Reflections

How I Feel About This Month

What Changed Since Last Month

[illegible]

My accomplishments Month



What i want to improve next month?

[illegible]

Monthly Self Reflections

How I Feel About This Month

What Changed Since Last Month

My accomplishments Month

This image shows a vertical sheet of white paper with ten horizontal black lines. At the start of each line, there is a small, solid pink square. The squares are evenly spaced vertically along the left margin.

What i want to improve next month?

Monthly Self Reflections

How I Feel About This Month

What Changed Since Last Month

[illegible]

My accomplishments Month



What i want to improve next month?

[illegible]

Monthly Self Reflections

How I Feel About This Month

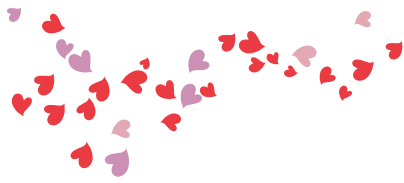
What Changed Since Last Month

[illegible]

My accomplishments Month

What i want to improve next month?

[illegible]



My Main Goals

Fun

--

Volunteering & contributions

--

Physical Health

--

Education

--

Mental Health

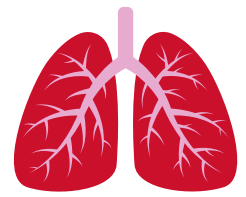
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Work or Project

--

Home Environment



[illegible]

Problem Solving

Problem To Solve	End Goal

1st Solution	Pros	Cons

2nd Solution	Pros	Cons

3rd Solution	Pros	Cons

Choose Solution	Next Step

Problem Solving

Problem To Solve	End Goal

1st Solution	Pros	Cons

2nd Solution	Pros	Cons

3rd Solution	Pros	Cons

Choose Solution	Next Step

Problem Solving

Problem To Solve	End Goal

1st Solution	Pros	Cons

2nd Solution	Pros	Cons

3rd Solution	Pros	Cons

Choose Solution	Next Step

Problem Solving

Problem To Solve	End Goal

1st Solution	Pros	Cons

2nd Solution	Pros	Cons

3rd Solution	Pros	Cons

Choose Solution	Next Step

Mental Health Checklist



Positive Thoughts

[illegible]

I'm Grateful

Sunday	I'm Grateful For _____ _____ _____
Monday	I'm Grateful For _____ _____ _____
Tuesday	I'm Grateful For _____ _____ _____
Wednesday	I'm Grateful For _____ _____ _____
Thursday	I'm Grateful For _____ _____ _____
Friday	I'm Grateful For _____ _____ _____
Saturday	I'm Grateful For _____ _____ _____

I'm Grateful

Sunday	I'm Grateful For _____ _____ _____
Monday	I'm Grateful For _____ _____ _____
Tuesday	I'm Grateful For _____ _____ _____
Wednesday	I'm Grateful For _____ _____ _____
Thursday	I'm Grateful For _____ _____ _____
Friday	I'm Grateful For _____ _____ _____
Saturday	I'm Grateful For _____ _____ _____

I'm Grateful

Sunday

I'm Grateful For

Monday

I'm Grateful For

Tuesday

I'm Grateful For

Wednesday

I'm Grateful For

Thursday

I'm Grateful For

Friday

I'm Grateful For

Saturday

I'm Grateful For

I'm Grateful

Sunday	I'm Grateful For	
Monday	I'm Grateful For	
Tuesday	I'm Grateful For	
Wednesday	I'm Grateful For	
Thursday	I'm Grateful For	
Friday	I'm Grateful For	
Saturday	I'm Grateful For	

To-Do List

[illegible]

Notes

This image shows a blank sheet of white paper with horizontal red dashed lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no other markings or text on the page.

Notes

This image shows a full page of a document template. It consists of a white background with approximately 20 evenly spaced, horizontal red dashed lines running from the left edge to the right edge. The lines are thin and have small gaps between them, typical of a standard primary or secondary school writing paper. There are no margins, text, or other markings on the page.

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[illegible]

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Notes

[illegible]

Notes

[illegible]

4 Gentle Reminders to Protect Your Mental

Boundaries Aren't Walls— They're Bridges to Healthier Connections

Saying “no” doesn't make you selfish; it makes you self-aware. Boundaries protect your energy, mental clarity, and relationships. Communicate them clearly, kindly, and consistently.

Your Feelings Are Valid

Learn to sit with your feelings without letting them dictate your identity or decisions.

Healing Isn't Linear

Some days you'll feel like you've made progress. Other days, you'll feel like you've gone backward.

Celebrate Progress

Perfection is a moving target. Instead of chasing it, honor your efforts.

You are not alone. Your story matters, your life matters, and there is help and hope. Reaching out for support is a sign of strength.

☎ If you're struggling, here are some numbers you can call right now:

- Samaritans – 116 123 (24/7, free)
- NHS Mental Health Helpline (Greater Manchester) – 0800 953 0285 (24/7)
- Papyrus HOPELINEUK (for under 35s) – 0800 068 4141 / Text 07860 039 967
- CALM (Campaign Against Living Miserably) – 0800 58 58 58 (5pm–midnight)

📍 Wigan Support:

- Wigan Mental Health Crisis Line – 0800 051 3253 (24/7)
- Wigan & Leigh Talking Therapies – 01942 764449

Some of our local community hero's are not far away either!

Andys Man Club Wigan
Manleigh
womenleigh
EPiC HOPE CIC
Empathy North West CIC
All Ears MHA

EPIC HOPE CRISIS HARBOUR ADDRESS'S

The Salvation Army Building
6–8 George Street
Atherton
M46 0EL

8 - 10 Crompton Street
Wigan Town Centre
WN1 1YP

more information on their website <https://epichope.org.uk>

💛 Remember: Asking for help is never a burden. Your feelings are valid and there is support around you.
Your are wanted, you are needed and you are loved

Further information contact us on

Facebook - The girls club
Instagram - @thegirlsclub.life
email - jessica@thegirlsclub.life

Sending so much love
Jess & The Girls Club