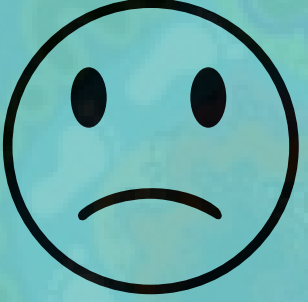


# MY WELLBEING PLAN

## WHEN I FEEL SAD, I WILL...



For example: go for a walk, play with a pet, take some deep breaths

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## WHEN I FEEL SCARED, I CAN...



For example: talk to my safe person, call the police (000)

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## MY SAFE PEOPLE ARE...



For example: this can be someone at school, home, or with SunnyKids

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## PLACES WHERE I FEEL SAFE ARE...





For example: this can be home, school, a friend's house or the park

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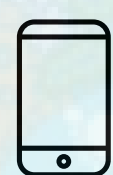
## IF I NEED HELP, I CAN CALL...

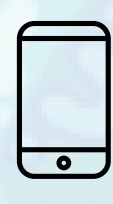


 Lifeline 24/7: 13 11 14

 13Yarn 24/7: 13 92 76

 Police/Fire/Ambulance: **000**

 Teens Helpline 24/7: 1800 55 1800  
(they also have an online chat available)

 Headspace 3pm-10pm: 1800 650 890  
(They also have an online chat available)

**NOTES: USE THIS SPACE TO WRITE OR DRAW  
WHAT MAKES YOU FEEL HAPPY**

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WHAT MAKES YOU FEEL HAPPY**