

Herefordshire and Worcestershire

Mental Health Easy Read Help Guide





This plan has been made to help you cope if you are struggling with your mental health and wellbeing.



You can look at it if you feel you cannot cope and things are getting you down.



It is good to fill in this plan when you are feeling well, if you can, so it is there when you need it.



If you feel you need to see a doctor quickly then phone your surgery and ask for an urgent appointment.



If you feel that you cannot keep yourself safe, call **999** to get some help.



If you feel, you cannot cope and things are getting you down.



You could



Phone someone that you like and trust.



Think about your breathing. Breathe in through your nose slowly and out through your mouth slowly.



Remind yourself that you matter.



You can write some notes here, if you want to.



If I am thinking of hurting myself, how can I stay safe and not hurt myself?



You could



Stop keeping medicines and pills at home that you no longer need.



Think of somewhere that you could go to make you feel safer.



You can write some notes here, if you want to.



Things that make me feel better.



You could



Listen to your favourite music.



Look back at happy photos.



Message a friend.

Plan the day.



You can write some notes here, if you want to.

A large empty rectangular area with a yellow border, intended for writing notes.



Things to stop me worrying.

What can I do to keep busy?

You could



Do some drawing or writing.



Go for a walk, maybe to a local park.



Play a video game.



You can write some notes here, if you want to.





Think about who you can talk to if you are struggling to cope or thinking of harming yourself or thinking about suicide.



You could



Call a friend

Phone number:



Call a family member

Phone number:



Call your GP (Doctor)

Phone number:



Call your mental health team if you have one or a 24-hour service.

Phone number:



Things to help you feel more in control of your life and wellbeing.

Try doing one or more of these every day to help you feel good.



Connect

You could



Connect – with people around you.



Be active

Be active – do some exercise



Take notice

Take notice – look at what's going on around you



Keep learning

Keep learning – try new things



Give

Give – do something for others in your community



Top Tips to stay well:

Sleep: Getting good sleep helps your body and mind feel better.



You could



Try to go to bed and get up at the same time every day.



Avoid alcohol, coffee, tea and fizzy drinks before bed. These can make it harder to fall asleep.



Do some exercise in the daytime.



Stop looking at your phone or TV before bed.



If you often lie awake worrying, write down your thoughts before you go to bed – this helps your mind to rest.



Top Tips to stay well:

Eat well: Eating well can make us feel less tired and help to improve our mood. Here are some good tips:

You could



Eat regularly and try foods that release energy slowly like wholegrain bread and brown pasta.



Milk, cheese, nuts and eggs all have protein to help our brain's work well.



Fruit and vegetables are good for our mental health and our bodies. You can buy fresh, frozen or tinned fruit and vegetables.



Try learning to cook something new.



Drink plenty of water and cut down on alcohol.

Top Tips to stay well:



Things to help me feel less anxious: Most people feel anxious or stressed from time to time.

If it happens often, it can make you unwell. If you are struggling, think about these things:



Think about



Am I trying to do too much?



Could I say no?



What things make you anxious or stressed?



Which of the above things, can you change, to make you feel better?



Look at the Top Tips:

What can you do differently this week?

You could 

Write down your ideas here.





Feeling Low

Feeling low is never good, but lots of people feel like this from time to time.

You could 



Find healthy ways to express your feelings. Cry if you feel like crying.



Meet a friend for coffee or a walk, talking to someone can help.



Get busy doing something you like to do.



If you are feeling sad, anxious or low regularly or for a long time, make an appointment to see your GP and get some support.



Feeling Low

If you need urgent help,
any time of the day or
night:

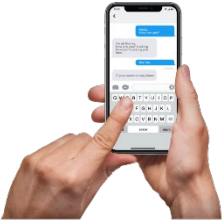
You could



Dial NHS **111** (option 2)



Text '**REACHOUT**' to **85258**



Call Samaritans on **116 123**



Call Papyrus HOPELINE247
on **0300 102 2470** (under
35 years)



If you cannot keep yourself
safe or are worried that
someone's life is in danger,
call **999**.





**More information is on
these websites:**

South Warwickshire & Worcestershire
Mind

www.swwmind.org.uk/



Herefordshire Mind

www.herefordshire-mind.org.uk/



Herefordshire Talk Community

www.talkcommunity.co.uk/keeping-well-staying-healthy/mental-health-and-emotional-wellbeing



Worcestershire County Council:

www.worcestershire.gov.uk/council-services/health-and-wellbeing/mental-health-and-emotional-wellbeing



Melo – **www.onside-advocacy.org.uk/melo**

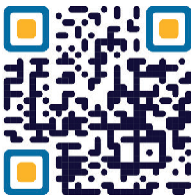
Support for mental health (0-25 years)



Hub of Hope: **<https://hubofhope.co.uk/>**



**Thank you to our partners
and residents in
Herefordshire and
Worcestershire who
co-produced this Easy
Read safety plan**



**Scan this QR code
for a digital version
of this guide**

You can click on the link below to download a printer friendly version of this pocket guide:

[Downloadable resources | Talking Therapies](#)

VO1 March 2026

Easy read version by
SpeakEasy N.O.W.
using 