

MY ACTION PLAN

Distractions Before/During/After eating:

Motivations/Reasons for Recovery:

Who can I reach out to when I am struggling, and I need support around me?
e.g., Parent, professional, etc

Positive quotes/affirmations:
e.g., "I am worthy and deserving of love and happiness"

Support services I can contact when I am struggling during in the day.:

What support do I have around me that I can reach out to?

Are there any Beat services/resources I can use?
(For example, online support groups)

Beat Helpline: 0808 801 0677
Open 3pm-8pm, Monday-Friday

Samaritans: 116 123
Open 24 hours a day

Shout: 85258
Open 24 hours a day

Urgent Medical/Mental health: 111/999