

A Wellness Action Plan (WAP) is a MIND initiative that gives people an easy, practical way to understand and review their own mental health, as well as taking steps to support it.

You can fill this plan in and keep it for yourself or share it with someone you trust (e.g. friend, welfare officer, coach, etc) but be mindful that they can only facilitate your wellbeing to an extent that is healthy for them.

What helps you stay mentally healthy?

(E.g. socialising; balance between work, sport and other hobbies; daily time outdoors; goal setting; etc)

What triggers poor mental health for you in general or related to your sport/ club?

(E.g. stressful academic periods; lack of club communication; performance pressure; lack of success in performance; inadequate sleep; poor diet and lifestyle choices; etc)

What are the early warning signs for your mental health deteriorating?

(E.g. distant/ withdrawn; low energy; easily irritated, upset/ emotional; fall outs with friends/ teammates; poor lifestyle choices; etc)

How might poor mental health affect your sporting performance?

(E.g. lack of engagement; poor decisions; easily irritated/ angered; lack of concentration; decline in interest; etc)

What support could you ask for if these signs are evident?

(E.g. talk to a friend, refer yourself to wellbeing services; go to NUSU support hub, chat to a coach about easing performance pressure; etc)

What steps can you take to help improve your mental health, and how can others facilitate these?

(E.g. organise workload around training and deadlines; take yourself out of the situation if your behaviour puts yourself or others at risk; ask for more transparency/ communication from those making decisions; etc)

Anything else you would like to note down about your wellbeing/mental health?

HELPLINES

University Wellbeing Services 24/7 Online Support -
<https://www.ncl.ac.uk/wellbeing/>

Student Union Welfare & Support Hub -
<https://nusu.co.uk/support/talk>
<https://nusu.co.uk/support/welfare-centre/mental-health>

Student Union Nightline - <https://nusu.co.uk/support/talk/nightline>

Local NHS urgent mental health helpline - 0800 652 2863