

My plan for thriving

The i-THRIVE framework outlines five groups of people, all at different stages with their mental health. There are those that are:



The plan on the other side will help you to improve your mental health and wellbeing and begin to thrive, no matter what stage you are at.

Useful apps



Calm Harm: Helping young people manage the urge to self-harm.



DistrACT: Trusted information for people who self-harm or feel suicidal.



Stay Alive: Helping you to plan and stay safe during a mental health crisis.

Want support from No Limits?

Find out more about our free, confidential mental health support for young people at:
nolimitshelp.org.uk/mental-health-and-wellbeing



What have I learnt about my mental health and wellbeing that has helped me to make changes in my life and has helped me to improve or grow?

.....

.....

.....

What advice, guidance or support has been the most useful for my mental health?

.....

.....

.....

What do I need to do to continue or maintain the improvement of my mental health?

.....

.....

.....

What do I need to stop doing that has not been helping my mental health?

.....

.....

.....

If my mental health deteriorates, what could I do and what support could I look for?

.....

.....

.....

What goals do I have or what parts of myself do I need to keep working on that would help my mental health to thrive rather than survive?

.....

.....

.....