

Individual Action Guide



1. Notice the early signs

Everyone has early signals that they are under pressure.

You might notice:

- Changes in sleep
- Feeling more irritable or withdrawn
- Avoiding people or tasks
- Constant worry
- Physical tension or headaches
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Taking action early starts with recognising what your own signs look like.

Ask yourself:

- What tells me I'm starting to struggle?
- What usually helps at this stage?



2. Choose YOUR early action

Pick one small, manageable step this week.

- For yourself:
- Book a GP appointment
- Call a friend
- Take a proper lunch break
- Go for a short walk
- Set a boundary around work hours
- Look up local support options

For someone else:

- Send a message checking in
- Ask "How are you really doing?"
- Share information about support
- Invite them for a coffee
- Keep it simple. One action is enough.



3. Know where support exists

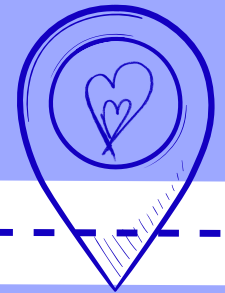
You don't have to wait until things feel unmanageable.

Early support is available in Doncaster.

You can:

- Speak to your GP
- Contact Doncaster Mind – 01302 812190
www.doncastermind.org.uk
- Reach out to trusted friends or family
- Access national support services if needed

If you are in immediate crisis, contact emergency services or NHS crisis support.



4. Keep it going

One early action is a starting point.

Consider:

- What regular small action could support your wellbeing?
- Who could you talk to before things build up?
- What support might you explore sooner rather than later?

Acting early is not a sign of weakness. It is a way of protecting your wellbeing.