

The River's Bend Mental Health ToolKit

A Practical Guide for Clients, Families,
and Partners in Healing

DISCOVER TRANQUILITY IN YOUR
EVERYDAY LIFE.



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Welcome!

At River's Bend, we believe that healing doesn't end when therapy pauses or when a program concludes. Whether you're transitioning out of IOP or PHP, or supporting someone in recovery, this toolkit was designed to walk beside you, offering structure, self-reflection, and supportive tools for everyday life.

What's Inside & How to Use:

- 1. Routine Tracker:** A step-by-step guide for staying on track between sessions, including a weekly planner, check-in prompts, and signs it might be time to reconnect with care.
- 2. Guide to Build a Personal Support Plan:** Identify who's in your corner and how to reach out. Includes safety planning tools, boundary tips, and a crisis action guide.
- 3. Self-Care Menu Worksheet:** Build your own personalized menu of go-to supports—emotional, physical, social, and spiritual to help you feel more like yourself.
- 4. Weekly Mood & Habit Tracker:** Track mood patterns, habits, sleep, and stress so you can notice progress and gently adjust where needed.

Who It's For:

- Clients in or finishing IOP, PHP, or early recovery
- Alumni of individual or group therapy at River's Bend
- Referral partners supporting clients post-discharge
- Families and caregivers walking alongside a loved one

A Quiet Reminder

You are never alone on this journey. If something feels off, if you're feeling overwhelmed, or if you're simply ready to reconnect, we're here, and we welcome you back at any time. If you are ever in immediate danger or thinking of harming yourself or someone else, please call 911 or go to the nearest emergency room. Your safety matters deeply to us.



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Routine Tracker

You've done the work. Now let's help you continue to thrive.

This section provides tools to help individuals stay grounded, especially in the space between therapy sessions or after completing a program like IOP or PHP

Structure helps keep your progress steady. Here's a sample to get you started.

Tip: Use a planner or phone reminder to stay on track.

Day	Morning Plan	Afternoon Focus	Evening Wind-Down
Monday	Wake up by 8 am, eat breakfast, light walk	Therapy session or journal check-in	Screen-free hour + calming playlist
Tuesday	Guided meditation + shower routine	Work/school focus + mindful lunch break	Gratitude list + chamomile tea
Wednesday	Stretching or yoga	Group therapy or support group	Warm bath + book or podcast
Thursday	Eat a protein-based breakfast, short walk	Creative activity or cleaning task	Call or text a friend, cozy TV show
Friday	10-minute breathing or grounding exercise	Grocery shopping or planning for weekend	Reflective journaling or art
Saturday	Unhurried morning + nature time	Social outing or hobby	Light meal + favorite comfort activity
Sunday	Meal prep for the week, intention setting	Review therapy tools + organize space	Early bedtime + sleep hygiene routine



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Weekly Routine Tracker:

Daily Self-Check Questions:

1. What's one thing I'm feeling right now? _____
2. What do I need emotionally or physically today? _____
3. What's one small action I can take to support myself? _____

Your Turn!

Day	Morning Plan	Afternoon Focus	Evening Wind-Down
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Coping Tools You Can Practice Anytime

When you're feeling anxious, overwhelmed, or emotionally stuck:

1. Grounding Exercise (5-4-3-2-1)

- Name 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

2. Box Breathing

- Inhale for 4 seconds → Hold for 4 → Exhale for 4 → Hold for 4
- Repeat 3–5 times

3. Reframe Your Thoughts

- Instead of: “I’ll never get better.”
- Try: “I’m having a tough day, but I’ve made progress before, and I can again.”

Your Turn:

Negative thought: _____

Reframe: _____

Keep the Momentum Going

Here are ideas to keep you on the right track:

- Join a peer or alumni support group
- Practice your coping tools regularly
- Celebrate small wins (they matter)
- Use your voice—talk to someone you trust
- Name one that works for you: _____

When to Reach Out Checklist:

It's okay to need extra support, especially when things feel heavy. If you notice any of the following, it might be a good time to reach out and reconnect with your therapist, care team, or someone you trust. You don't have to navigate it alone.

- I've had 3 or more hard days in a row
- I'm feeling disconnected or numb
- I'm avoiding routines that help me
- I'm struggling with sleep or panic symptoms
- I want support, and don't know where to start



**You don't have to do it all
today. Just do the next right
thing.**



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Your Personal Support Plan

Support networks are a vital part of mental health recovery. Research shows that having trusted connections can reduce distress, improve resilience, and prevent crisis. This simple exercise helps you map out the people, places, and resources that help you feel safe, grounded, and supported, especially during challenging times. Keep it somewhere visible, and revisit it often.

My Support Network Map:

- Someone I can talk to about my emotions: _____
- Someone I can call in a crisis: _____
- A professional I trust: _____
- An uplifting activity or place: _____

How to Ask for Help Script:

Asking for help can feel overwhelming, but it doesn't have to be perfect. Use this simple script as a starting point when you're struggling to find the words. Reaching out is a sign of strength!

"Hey, I'm having a rough time and just need someone to talk to. Are you available for a few minutes?"

Crisis Action Plan:

When emotions feel intense, having a plan can make all the difference. This section helps you identify early warning signs, grounding strategies, and trusted contacts, so you have a clear path forward if a crisis arises. It's a tool for safety, clarity, and self-compassion.

Note: Keep this in a visible place. Share it with someone you trust.

- Signs I'm starting to spiral: _____
- What helps ground me: _____
- My top 3 coping tools: _____
- Emergency Contact: _____
- Local Crisis Line: _____



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Boundary Tips

As you build your support plan and identify who's in your corner, it's just as important to consider how those relationships function. Boundaries help protect your energy, reduce burnout, and create space for more authentic, respectful connections. Think of them as the finishing layer of your emotional safety net—empowering you to ask for what you need while staying grounded in your recovery.

Check In With Yourself First:

1. Before committing to something, pause and ask: "Do I have the energy for this?" Giving yourself permission to check in helps prevent overwhelm and resentment.
2. Start with "I" Statements: Use calm, clear language to express your needs. Example: "I need some time to recharge tonight, so I won't be joining the group chat."
3. It's Okay to Say No Without Explaining Everything: You don't have to justify every decision. Protecting your time and energy is valid. Example: "Thanks for thinking of me, but I'm not available."



Your story is still unfolding. Give yourself grace between the chapters.

Self-Care Menu Worksheet

Self-care looks different for everyone. This worksheet is your space to explore what actually helps you feel calm, connected, and supported. Before you begin, take a moment to pause and reflect on what has helped in the past. What sounds comforting right now? Use the examples below to spark ideas, then add your own favorites to each category. There are no right answers, only what works for you.

Personal Menu of Restorative Examples:

Emotional Care:

1. Journaling
2. Listening to music
3. Talking to a therapist or friend

Physical Care:

1. Stretching or yoga
2. Taking a walk
3. Resting without guilt

Social Care:

1. Texting someone who "gets it"
2. Attending a support group
3. Spending time with a pet

Spiritual Care:

1. Meditation
2. Reading something inspirational
3. Connecting with nature



Your Turn! Build Your Own Menu:

List 2-3 go-to self-care ideas in each category that work for you. Revisit often.

Emotional Care:

1. _____
2. _____
3. _____

Physical Care:


1. _____
2. _____
3. _____

Social Care:

1. _____
2. _____
3. _____

Spiritual Care:

1. _____
2. _____
3. _____



You're allowed to be
a work in progress
and still be proud of
how far you've
come.

Weekly Mood & Habit Tracker

Track What Matters. Spot Your Patterns.

Week Of: _____

Daily Mood & Energy Check:

Day	Mood (1-10)	Energy (Low/Med/High)	Sleep Hours	Notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Weekly Reflection:

- What helped me feel better this week? _____
- What challenges came up? _____
- What is one intention I want to carry into next week?

Progress over perfection. Always.



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Need Support? You don't have to do this alone. Reach out to the compassionate staff at River's Bend for additional care or to reconnect with your therapist.

Call us or visit: www.riversbendpc.com



STEPHANIE HOWEY LMSW

This toolkit was thoughtfully created by River's Bend co-owner Stephanie Howey, LMSW, who brings over 20 years of experience supporting adolescents and adults in their mental health and recovery journeys.

Stephanie believes that healing doesn't only happen in a therapy session, it also happens in everyday moments, with the right tools in hand. Her clinical and administrative leadership has shaped River's Bend into a place where both staff and clients can thrive.

Having simple, supportive resources like these can make a real difference," she says. "Whether you are between sessions, finishing a program, or just starting to build your support system, I hope these tools help you feel more grounded, empowered, and not alone.



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