

Mental Health Journal — Free Printable

Writing about difficult thoughts and emotions can help to process them. This free mental health journal gives you structured prompts to explore how you're feeling without pressure to perform wellness.

How to use it

There are no rules. Write as little or as much as feels right. Some prompts to try: How am I feeling right now? What is weighing on my mind? What do I need today? What would I say to a friend in this situation?

Journaling isn't a replacement for support

If you're struggling, please reach out. Free, confidential support is available:

- Mind: 0300 123 3393 ([mind.org.uk](https://www.mind.org.uk))
- Samaritans: 116 123 (open 24/7)
- NHS Talking Therapies: self-refer at [nhstalkingtherapies.nhs.uk](https://nhs.uk/talkingtherapies)