

Wellness and Recovery Plan

Name:

Key Worker:

The purpose of this wellness plan is:

My Strengths:

What I want to achieve:

Things that help me to stay well:

Things that I need to be careful of:

Signs that I'm not travelling well:

Things I can do to make sure I stay well:

Crisis Plan

Things I can do to stay safe:

People I might need to contact:

My Support People:

Name	Contact Numbers	How they can support me