

My Wellbeing & Recovery Plan

Bring together what you have noticed and create a supportive plan that reflects your individual needs.

My signs that I am doing okay

My early warning signs

My common triggers

Things that help me feel safe and regulated

Helpful mealtime supports

People and professionals I can contact

Things I want others to know about supporting me

If things become more difficult, my first step is...

Something I want to remember on a hard day...

My next gentle step is...