

My Wellbeing Plan

for managing my mental illness

This can be used to guide conversation with your workplace or friends and family. Work through this together to develop a plan which will work for that specific environment. If you need help to refine your plan, discuss with your support team next time you have an appointment. Review the plan regularly and update your support people. This is a guide only - feel free to adapt to your needs.

Name

Support People (Name and Phone)

I plan to contribute to staying well by the following strategies:

Physical Activity	Sleep, Eating.....	Alcohol and Drugs
Pleasurable Activities	Issues relating to medication and other treatment	Other (eg relationships, meditation, hobbies...)

Things that may trigger a relapse for me



Relapse signature (early warning signs)

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If I develop any of these signs I will...

Do:
Avoid:

If my support people observe these signs they may:

Current medications:

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Medication contingency plan:

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Medical Team:

	Name	Contact Number
GP		
Psychiatrist		
Psychologist		

Emergency Numbers:

Name	Number
Lifeline	13 11 14