PERSONAL WELLBEING PLAN

My name:

Staff member’s name:

My mental health disorder and symptoms:

The substances I use and my level of dependency on these drugs:

Self care: what I do to stay well and look after myself

My triggers and early warning signs:
Are there times in your life when you are sometimes seriously at risk? Are there things (people, places, feelings, events) that trigger this?
PLANNING FOR SAFETY

Strategies I agree to use to avoid these triggers and stay well

Strategy 1:

Strategy 2:

Strategy 3:

In case of emergency, my safety plan will be:

My Support Team: People I agree can be contacted if I become unwell

Who has helped you get through so far? Who understands and would be supportive?

Name: ___________________________ Relationship to Me: ___________________________

Contact Details:

Name: ___________________________ Relationship to Me: ___________________________

Contact Details:

The areas of my care I would like these people to be involved with if I become unwell
Where will you go if you are discharged from a psychiatric ward or a drug detox facility?
What can your support team take care of to make your return easier? Is there anything or anyone you need to avoid for a little while until you feel well?

My Recovery: The person I want to become
What are some words you would use to describe yourself when you are going well? (i.e. words that are about who you are when you’re healthy, not struggling with drugs or mental illness)

I agree to do my best to use these strategies to stay well. I know that I can re-evaluate or change this Personal Wellbeing Plan any time, in liaison with my worker.
I also agree that I will not harm or hurt myself during my time as a client of this service. I will talk to a worker if I’m struggling or feel overwhelmed.
My signature:        Date:
Staff signature:

Want Support or More Info? Useful Comorbidity Contacts in Tasmania
If you’re having a mental health or drug related emergency, get medical help quickly
  - Very Urgent: ring 000. Otherwise, make an emergency appointment with your GP or a case worker.
If you want to find a professional to talk to, then ring one of the following services:
  - Mental Health Services Helpline (24hrs): phone 1800 332 388.
  - Alcohol & Other Drugs Information Line (24hrs): 1800 811 994.
  - Inpatient Withdrawal Unit (Detox): phone 6230 7970.
  - Salvation Army Bridge Program (Alcohol & Drugs Rehabilitation): phone (03) 6278 8140 (Hobart), phone (03) 6331 6760 (Launceston), or phone (03) 6431 9124 (Burnie).
  - The Link Youth Health Service (12-24 yrs): phone (03) 6231 2927, email healthhub@thelink.org.au

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