

Wellbeing Recovery Action Plan

CRISIS

Where will I go to seek URGENT help?

FURTHER WARNING SIGNS

The problem has progressed - what MAJOR changes can I make?

EARLY WARNING SIGNS

What can I change NOW to stop this progressing further and get back to green?

TRIGGERS

What circumstances make me struggle?

DAILY MAINTENANCE PLAN

What do I need to do to stay "normal" - healthy, happy and at my best?

RECOVERY

What helped and didn't? What PERMANENT changes should I make to avoid it happening again?