

My Plan



My Current Situation

How am I feeling today? What has been affecting my mental health recently?



Set Your Goals

What do you want to improve or change? What does good mental health look like for me?



What Helps Me

What activities, people, or places make me feel better? What has worked for me in the past?



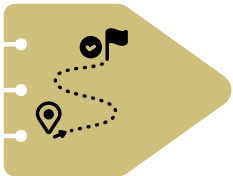
What Makes Things Harder

What situations or triggers make me feel worse? What do I want to avoid or manage better?



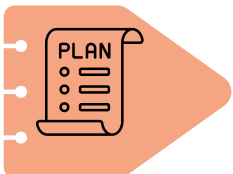
My Support Network

Who can I talk to when I need help? What services or groups do I know about?



My Next Steps

What small actions can I take this week? What support do I need to take these steps?



Emergency Plan

What should I do if I feel overwhelmed or unsafe? Who can I contact in a crisis?