



MY WELLBEING RECOVERY PACK

1 IN 4

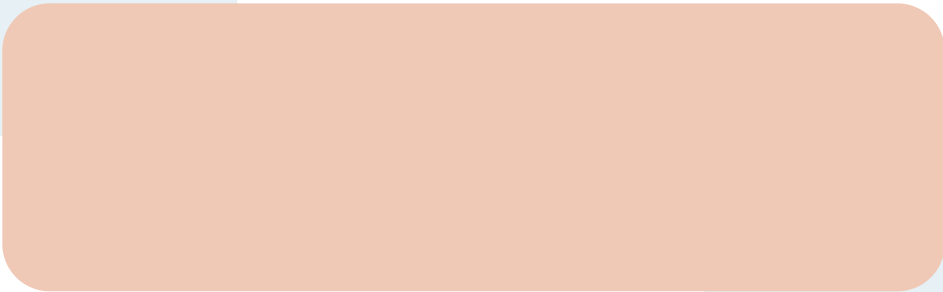


RECOVERY PLAN

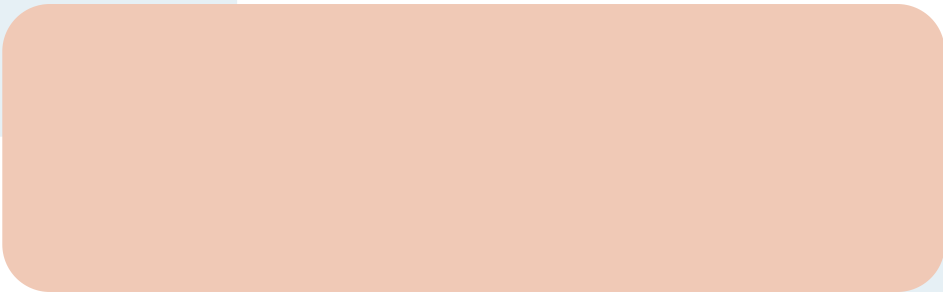
**WHAT ARE MY
WARNING SIGNS?**

RECOVERY PLAN

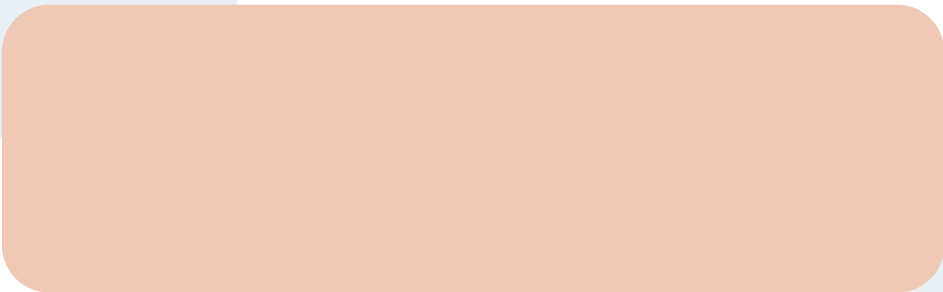
WHAT ARE MY STRENGTHS



A large, horizontal, orange rounded rectangle intended for writing the first set of strengths. It is surrounded by light blue rounded shapes and orange L-shaped corner brackets.



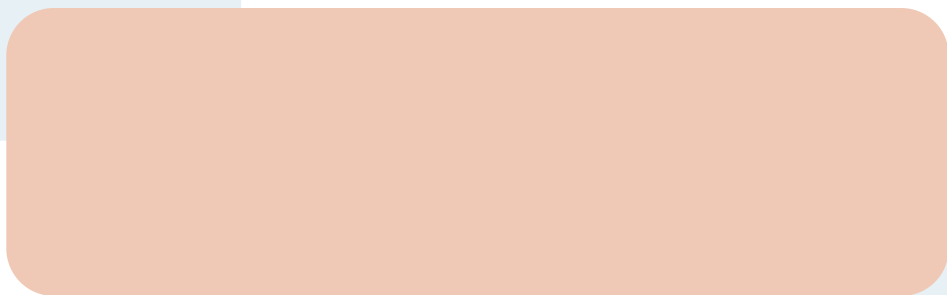
A second large, horizontal, orange rounded rectangle for writing strengths, identical in style to the first one, with light blue background elements and orange corner brackets.



A third large, horizontal, orange rounded rectangle for writing strengths, consistent with the previous two, featuring light blue background elements and orange corner brackets.


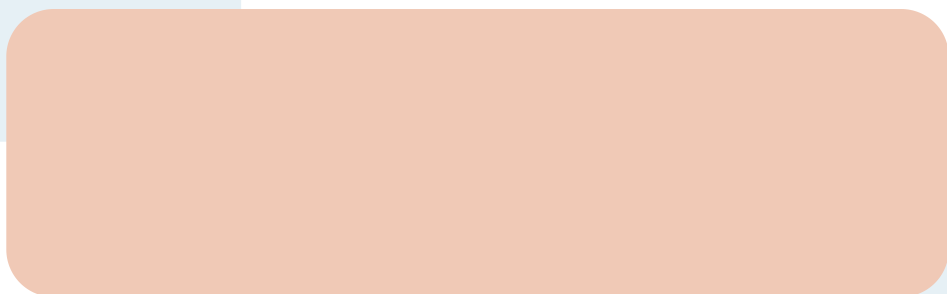
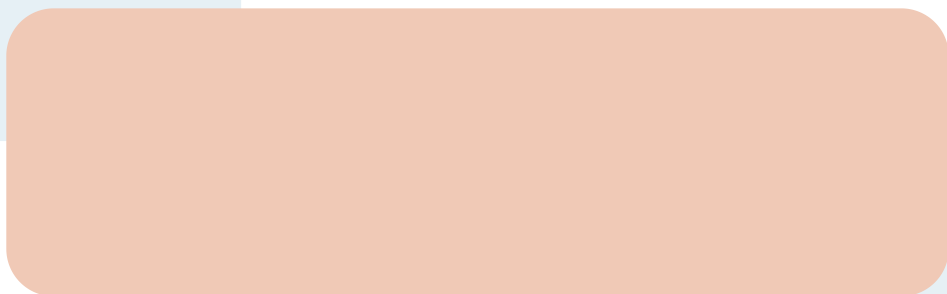
RECOVERY PLAN

WHAT ARE MY COPING SKILLS



RECOVERY PLAN

HOW CAN I DISTRACT MYSELF



RECOVERY PLAN

**IF THINGS GET WORSE
WHO CAN HELP ME?**

NAME - RELATIONSHIP AND NUMBER



NAME - RELATIONSHIP AND NUMBER



RECOVERY PLAN

**IF THINGS GET WORSE
WHO CAN HELP ME?**

NAME - RELATIONSHIP AND NUMBER



NAME - RELATIONSHIP AND NUMBER



RECOVERY PLAN

IDEAS ON HOW THEY
CAN HELP YOU



RECOVERY PLAN

IDEAS ON HOW THEY
CAN HELP YOU



RECOVERY PLAN

**IF THINGS CONTINUE TO GET
WORSE WHICH PROFESSIONALS
CAN HELP ME?**

NAME - ROLE AND NUMBER



A large, light orange rounded rectangular box redacting the professional information. The box is surrounded by a thin orange border and is set against a background of light blue rounded shapes.

NAME - ROLE AND NUMBER



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RECOVERY PLAN

**IF THINGS CONTINUE TO GET
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NAME - ROLE AND NUMBER



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RECOVERY PLAN

**IF I FEEL WORSE OR NEED HELP
OUT OF OFFICE HOURS WHO
CAN I CONTACT**

ORGANISATION AND NUMBER

A large, light orange rounded rectangular box redacts the contact information for the first organization. The box is surrounded by a thin orange border and is set against a background of light blue rounded shapes.

ORGANISATION AND NUMBER

A large, light orange rounded rectangular box redacts the contact information for the second organization. The box is surrounded by a thin orange border and is set against a background of light blue rounded shapes.

RECOVERY PLAN

**IF I FEEL WORSE OR NEED HELP
OUT OF OFFICE HOURS WHO
CAN I CONTACT**

ORGANISATION AND NUMBER

A large, light orange rounded rectangle redacts the contact information for the first organization. The rectangle is surrounded by a thin orange border and is set against a background of light blue rounded shapes.

ORGANISATION AND NUMBER

A large, light orange rounded rectangle redacts the contact information for the second organization. The rectangle is surrounded by a thin orange border and is set against a background of light blue rounded shapes.

RECOVERY PLAN

**IN EMERGENCY CALL 999
ALSO PLEASE NOTIFY THE
FOLLOWING PEOPLE**

NAME - RELATIONSHIP AND NUMBER



A large, light orange rounded rectangular box redacting contact information. It is surrounded by light blue rounded rectangular shapes and thin orange lines forming a frame.

NAME - RELATIONSHIP AND NUMBER



A second large, light orange rounded rectangular box redacting contact information, identical in style to the first one, with light blue shapes and orange lines.

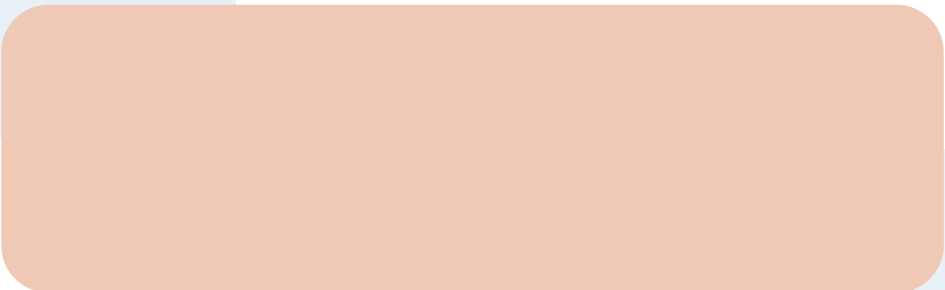
RECOVERY PLAN

**IN EMERGENCY CALL 999
ALSO PLEASE NOTIFY THE
FOLLOWING PEOPLE**

NAME - RELATIONSHIP AND NUMBER

A large, light orange rounded rectangular box used for redacting contact information. It is surrounded by light blue rounded rectangular shapes and thin orange lines forming a frame.

NAME - RELATIONSHIP AND NUMBER

A second large, light orange rounded rectangular box used for redacting contact information, identical in style to the first one, with light blue background shapes and orange framing lines.

RECOVERY PLAN

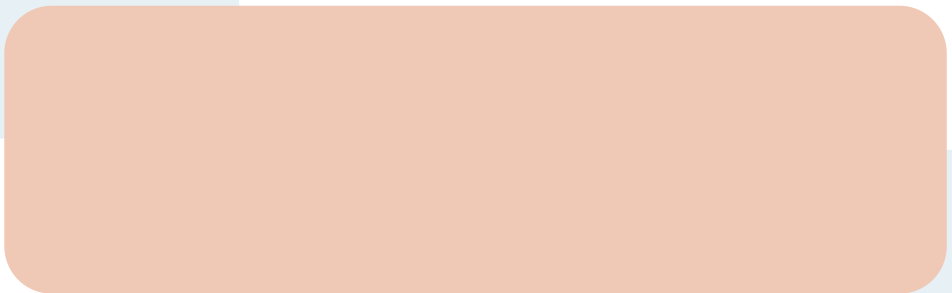
**IF I HAVE TO GO TO HOSPITAL
THESE ARE MY EXPRESSED
WISHES**

MY DETAILS

NAME, DATE OF BIRTH AND ADDRESS



MEDICATION AND ALLERGIES



RECOVERY PLAN

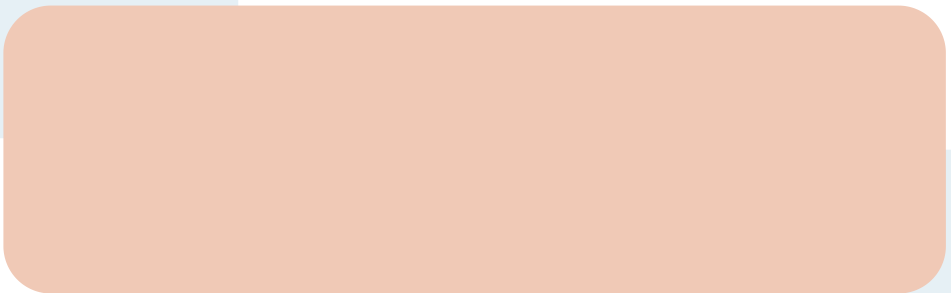
**IF I HAVE TO GO TO HOSPITAL
THESE ARE MY EXPRESSED
WISHES**

NEXT OF KIN

NAME AND CONTACT DETAILS

A large, rounded rectangular area that has been redacted with a solid light orange color. It is framed by a thin orange border on the top, right, and bottom, and is set against a background of light blue rounded shapes.

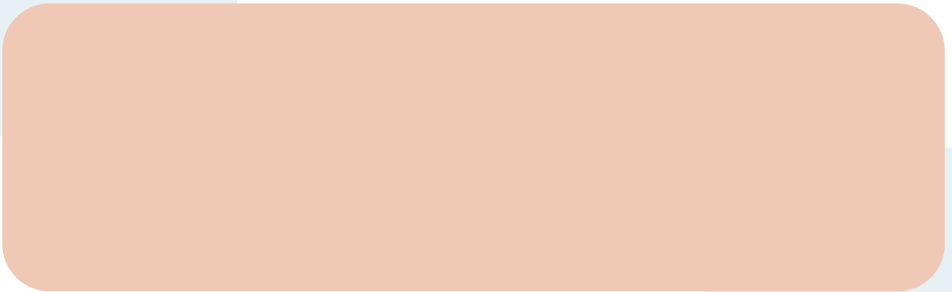
**PETS AT HOME - WHO SHOULD CARE
FOR THEM**

A large, rounded rectangular area that has been redacted with a solid light orange color. It is framed by a thin orange border on the top, right, and bottom, and is set against a background of light blue rounded shapes.

RECOVERY PLAN

**IF I HAVE TO GO TO HOSPITAL
THESE ARE MY EXPRESSED
WISHES**

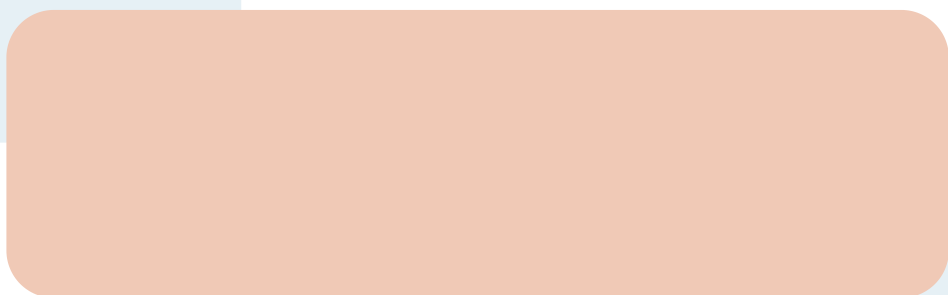
ADDITIONAL INFORMATION



RECOVERY PLAN

**IF I HAVE TO GO TO HOSPITAL
THESE ARE MY EXPRESSED
WISHES**

ADDITIONAL INFORMATION



.....
SIGNATURE

.....
DATE