



Your Wellness Plan

Identifying and responding to your symptoms early reduces the chances that you will find yourself in a crisis. In spite of your best planning, you may find yourself in a situation where you need help. You may feel out of control in a crisis. Writing a clear wellness plan before the crisis will be helpful to you. This will help others better care for you. You can complete this plan with a Care Manager or your provider. Be sure to share this plan with friends or family members.

Name:

Address:

Phone #:

Birth Date:

Gender: Female Male

Emergency Contact:

Health Needs:

Directions to Home:

Service Providers:

Children:

Cultural Heritage/Spirituality:

When you've been in a crisis situation what kinds of support did you seek? What (people, places, services) things were the most helpful? Why?

SUPPORT	WHAT WAS HELPFUL?

What are the most difficult feelings for you to experience?
Please check the most difficult feelings or add any you don't see listed here:

Think about what happens when these feelings get overwhelming. Consider the following:
 What does it feel like inside your body?
 What do you need when this happens?
 What can you do for yourself?
 What has been helpful before?

HAPPY		RAGE		
JOY		ANXIETY		
SAD		OVERWHELMED		
GRIEF		BOREDOM		
AFRAID		LONELINESS		
ANGRY		EMPTINESS		

Are there people from this list who you would want consulted if there was any question of “next steps” when you are in crisis? Name those people. Make sure their contact information is included in the list above.

Is there anything else you would like people to know or consider when you’re “in crisis”? Is there anything else you need to remind yourself about when you’re “in crisis”?

SUPPORT

I’d like to share with you and explain several community supports that could assist when you’re “in a crisis.” List community supports that are of interest as well as their purpose.

NAME OF AGENCY	ADDRESS	PHONE #	PURPOSE

I, _____ authorize Superior HealthPlan to contact the supports that I have checked in the list above.
