The people who helped me with this assessment and plan:

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People who can have a copy of this plan:

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My signature:

My key worker name and signature:

My Assessment & Wellness Plan



(Please complete this self-assessment and plan in a format which you can relate to. You may wish to compose a poem or song, do collage, paint or draw, or use pictures or images from the internet.)

MY NHI:

MY NAME:

  



What do I need to do in order to maintain my emotional and mental wellness

What are we going to do?

When will we do this?

Am I in danger that my feelings or thinking upset me or others?

Who is involved?



I hope that ,,,,,,,,,,,,,,,,,,,,,,,,can help me ……..



What do I need to do in order to maintain my belief that I can achieve what I aspire..

Who is involved?

Am I in danger of losing hope or confidence?

When will we do this?

What are we going to do?