

My Recovery Care Plan

Document creation date:

Date of assessment:          My Name:        NHS Number:

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| Who gets to see my plan? (to be completed by service user)**Remember 5 ways to mental health & wellbeing:*** Connect - stay in touch with family / friends
* Get active
* Take notice - be more aware of the present
* Keep learning
* Give to others
 | What Recovery means to me? My long term goals! What I would like to achieve in 12 months time... | My key contacts (to be completed by service user)**Care Coordinator:****Phone Number:****My emergency contacts:** |
| What matters to me |
| My skills, strengths and experiences that will help me achieving my goals: |

Goals and Actions

Date of assessment:           My Name:            NHS Number:

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| Mental health goals and actions |

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| Physical health goals and actions |

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| Job situation goals and actions |

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| Accommodation goals and actions |

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| Leisure activity goals and actions |

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| Relationship with partner / family goals and actions |

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| Friendship goals and actions   |

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| Personal safety goals and actions |

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| Finance goals and actions. |

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| Identity goals and actions |

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| Substance / alcohol use goals and actions |

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| Medication goals and actions |

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| Practical help goals and actions |

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| Meetings with mental health professionals goals and actions |

My Safety Plan

**I agree this is my Advance Directive**

Date of plan:           My Name:           NHS Number:

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| **Triggers** | **Triggers action plan**  |
| **How do I know when things are getting worse? (early warning signs)** | **When things are getting worse action plan**  |
| **When things have got worse (e.g. in crisis, feeling unsafe)** **Things are getting worse when:** | **When things have got worse action plan** **My action plan when things get worse:** |

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| What I would like you to do for me when I am unable to make decisions for myself |

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| How can I best be contacted  |

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| Who can be contacted if I can't be reached |

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| How will I know when I am out of crisis  |

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| Does Service User agree to this plan? - Yes |