

**Date:** ..... **How I / Others can help in my recovery** **Name:** .....

|                                              |                                    |            |                                         |              |
|----------------------------------------------|------------------------------------|------------|-----------------------------------------|--------------|
| <b>Signs I'm not doing OK</b>                | <b>Support Contact Numbers</b>     |            | <b>Signs I'm doing well</b>             |              |
|                                              | <b>Name:</b>                       | Samaritans |                                         | Tel: 116 123 |
|                                              | <b>Name:</b>                       |            |                                         | Tel:         |
|                                              | <b>Name:</b>                       |            |                                         | Tel:         |
|                                              | <b>Name:</b>                       |            |                                         | Tel          |
|                                              | <b>Name:</b>                       |            |                                         | Tel          |
|                                              | <b>About Me</b>                    |            |                                         |              |
|                                              |                                    |            |                                         |              |
|                                              |                                    |            |                                         |              |
|                                              |                                    |            |                                         |              |
| <b>Things which help when I'm struggling</b> |                                    |            | <b>Things that keep me feeling good</b> |              |
|                                              |                                    |            |                                         |              |
|                                              | <b>Things I don't find helpful</b> |            |                                         |              |
|                                              |                                    |            |                                         |              |