

# Plan for Staying Well

Superman isn't brave. He's smart, handsome; even decent. But he's not brave. Superman is indestructible, and you can't be brave if you're indestructible. It's people like you. People who are different, and can be crushed and know it. Yet they keep on going out there every time.

Grandpa (George C Scott) in "Angus" 1995



For better  
mental health

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## Introduction

This **Plan for Staying Well** is a personal journal that can be used daily to help overcome distressing and unhelpful behaviour and gain control over your life.

This is a self-help book that you can complete by yourself or with the help of a supporter.

This **Plan for Staying Well** belongs to you. It is a personal record and observation of yourself and your wellness. It outlines your needs and the **support that you require to keep**

**yourself well.** It also documents **that which you do not wish to have in your life.**

This **Plan for Staying Well** is your guide. It is for you to decide how to use it and if you wish, you can allow close supporters to have access to it and help you put this **Plan for Staying Well** into action.

# **Making my own toolkit**

**I find that these things keep me well...**

## **Setting up my daily maintenance plan**

**This is what I am like when I feel  
well...**



# **My daily maintenance plan**

**This is what I should do every few days to keep myself feeling well...**

**These are things I should do, but for some reason, I do not...**

# **My Wellness toolkit**

**These are things I would like to try,  
to see if they help to keep me well...**

# Triggers

Triggers make us react and can lead to uncomfortable or unhelpful behaviours, thoughts or feelings.

**My triggers are...**

# **Triggers: action plan**

**How I can avoid these triggers...**

**If I am triggered, this is how I can stop things from getting worse...**

## **Early warning signs**

These are large or small changes in my thoughts, feelings or behaviour. When I notice them, I need to take action to stop myself from becoming unwell.

**My early warning signs are:**

# **Early warning signs action plan**

**Actions I can take when I recognise  
my early warning signs...**

# **When things start to break down or get worse**

**This is what happens to me when  
things are becoming  
uncomfortable, serious or even  
dangerous...**

# **When things start to break down or get worse action plan**

**When things have gone this far,  
how can I take care of myself and  
stop things from getting worse?**



# Personal crisis plan

This plan was made on.....(date) and it takes over from any other earlier plans.

This is for my use or I may share with others. I can change it whenever I want. If I change it, I will tell those involved.

**Part 1:** Remembering what I am like when I am feeling well.

**When I am well...**

# Personal crisis plan

## Part 2: When it gets bad

This is how someone else would know to take over responsibility for my care and decisions.

**When things get bad I...**

# Personal crisis plan

## Part 3: Supporters

**These are friends, family and professionals who I would like to help me when I am not well:**

Name  
Connection:  
Phone number

Name  
Connection:  
Phone number

Name  
Connection:  
Phone number

Name  
Connection:  
Phone number

# Personal crisis plan

**These are friends, family,  
professionals who I do not want to  
help me when I am not well:**

Name  
Connection:  
Phone number

Name  
Connection:  
Phone number

Name  
Connection:  
Phone number

Name  
Connection:  
Phone number

# **Personal crisis plan**

## **Settling disputes between supporters**

When my supporters disagree amongst themselves, this is how I would like the dispute settled...

# Personal crisis plan

## Part 4: Medical treatment and medication

My GP is:

Phone number:

My Psychiatrist is:

Phone number:

My care coordinator is:

Phone number:

These are my medications, their prescribers and the reasons I take them...

## **Personal crisis plan**

**Additional medications I would prefer to take if I needed them, and why I choose them...**

**These medications should be avoided because....**

# Personal crisis plan

## Part 5: Other treatments

**Other treatments that help to reduce my symptoms, such as complementary therapy should be used....**

**These treatments should be avoided because...**



# Personal crisis plan

**Part 6: Alternatives to being in hospital:** staying at home or using other safe places.

**This is my plan so that I can stay at home or in the community and still get the care that I need...**

# Personal crisis plan

## Part 7: Treatment facilities

If it becomes necessary to have treatment somewhere or to attend hospital, this is **where I would like to be...**

**These are treatment facilities I want to avoid and the reasons why...**

# Personal crisis plan

## Part 8: Help from others

**These things help reduce my symptoms or make me more comfortable when I am in crisis...**

# Personal crisis plan

## Part 8 cont: Help from others

**These are things I need others to do for me and who I want to do them...**

What I need done

Who I would prefer to do it

What I need done

Who I would prefer to do it

What I need done

Who I would prefer to do it

**These are things that others might do, or have done in the past, that would not help or might even worsen my state...**

# Personal crisis plan

## Part 9: If I am in danger

Sometimes things can get risky. If my behaviour endangers others, or me, or I am not looking after myself to the point where my health is in danger, I want my supporters to...

# Personal crisis plan

## Part 10: Inactivating the plan

How will my supporters know when it is safe to stop the crisis plan?

These positive changes will indicate to my supporters that I am in control of things again and they no longer need to use this plan.

**You will know it is safe to stop using my plan when...**

## Crisis plan statement

Help to ensure that your crisis plan will be followed by signing it in the presence of two witnesses. It will further increase its potential for use if you identify your supporters and name people who are prepared to back up your needs and preferences.

I.....  
developed this plan

on.....  
...(date)

Signed.....  
date.....

With the help  
of.....



Signed.....  
date.....  
Witness

Signed.....  
date.....

Witness

This plan takes over from any other  
with an earlier date.

## Post crisis planning

If despite your best efforts you still go through a crisis, this is not the end of the world, nor does it mean you cannot recover.

Recovery is a process that you can get back to even after a bad experience. It will be very helpful to reflect on what has happened to you and learn from it. Some can do this alone; others are helped by having someone they trust to talk it over.

In your own time talk and think through what has happened, compare this with the PLAN FOR STAYING WELL you have written so far.

# Post crisis planning

**Things I have learned about others  
and myself through this crisis...**

## Post crisis planning

Are there parts of my **Plan for Staying Well** that did not work in the way I hoped?

Changes I want to make now to my **Plan for Staying Well** to make a further crisis less likely...

# Notes

Advocacy in Somerset	01823 324762
AgeUK	01823 326212
Anxiety UK	08444 775 774
Benefits Advice Support	08444 153905
	<a href="http://www.direct.gov.uk">www.direct.gov.uk</a>
Beat eating disorders	0845 634 141
	<a href="http://www.b-eat.co.uk">http://www.b-eat.co.uk</a>
Carers Counselling Service	0800 174 319
Childline	0800 1111
Citizens Advice Bureau	08444 111 444
Combat stress (PTSD)	<a href="http://www.combatstress.org.uk">www.combatstress.org.uk</a>
Consumer Advice	0845 7224499
CRUSE	0870 167 1677
Depression Alliance	0845 123 2320
Domestic Abuse Free Phone Line	0800 694 9999
Equilibrium	0845 434 9901
Mindline (Somerset)	01823 276892
New Directions Bridgwater	01278 446935
NHS Direct	0845 4647
Stressline debt & anxiety support	0300 123 2000
No Panic	0808 808 0545
Police	101
Rethink – mental health charity	01823 365301
RightSteps	01278 727447
Samaritans	0845 790 9090
Saneline	0845 767 8000
Signposts	0800 317220
Social Services	0845 3459133
Somerset Counselling Centre	01823 337049
Somerset Direct	0845 3459133
Somerset Gateway	01823 336370
Somerset Gay, Lesbian & Bisexual Advice Line	07857 939941
	<a href="http://www.2bu-somerset.co.uk">www.2bu-somerset.co.uk</a>
Somerset Mediation	01823 352210
South Somerset Mind	01935 474875
SSAFFA	0845 1300 975
SWEDA	01458 448600
Mind in Taunton and West Som	01823 334906
Turning Point (drug & alcohol)	01458 832225
West Somerset Inclusion Project	01643 708765
Women's Refuge	Taunton 01823 279991
	South Som 01935 427594
	Bridgwater 01278 456351