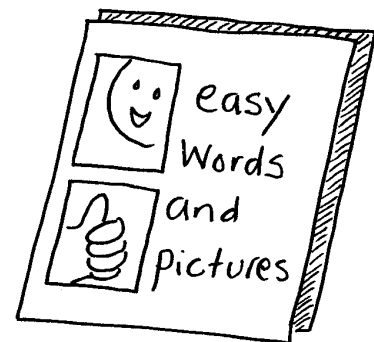


A guide to writing your recovery plan



Easy-read information

What is a recovery plan?



A recovery plan is a plan for your future.



A recovery plan can make you feel more in control. It is not the same as a care plan.

A recovery plan includes:



a plan for how you can keep well and what to do if you are unwell

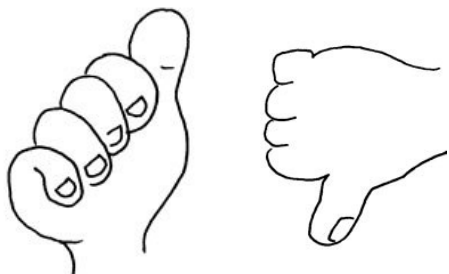


your dreams and goals



the steps you need to take to reach your dreams and goals

What do I do with my recovery plan?



You can choose whether you want to make a recovery plan. The plan is for you.



You can make your plan yourself or you can ask someone to help you make your plan.

You do not have to tell anyone what is in your recovery plan.



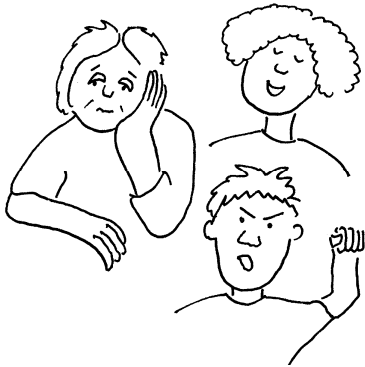
You can tell other people about your plan so they know how they can help you.

You can tell your family and friends. You can tell your health professional or support worker.

‘How I can keep well’ section

In this section you can write down what helps you to keep well.

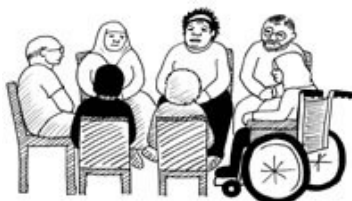
You can describe:



your feelings when you are well



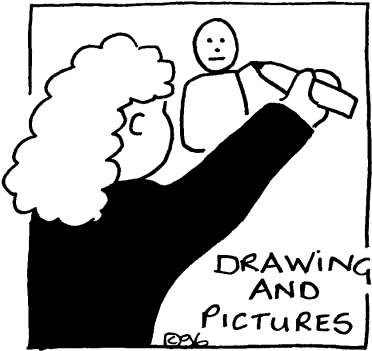
treatment that works for you



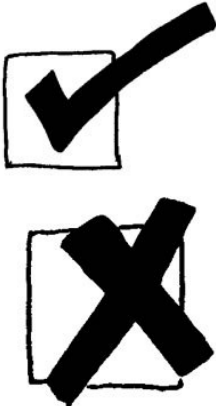
support that helps you

'My Life' section

This section is for you to think about what you do now and what you would like to do in the future.



In the 'past' section, write or draw everything you used to do in the past.



Decide if you still like doing that activity.



In the 'what I want to do' section, write or draw what you would like to do.

Here are some of the things you might like to do in the future:



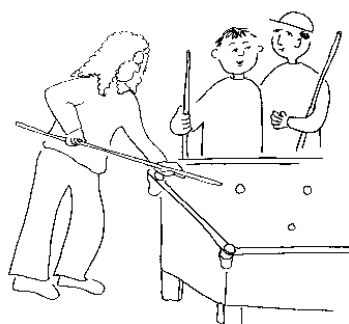
get a job



go to college



go on holiday



make friends

Moving on with my life

This section is to help you plan for your future.

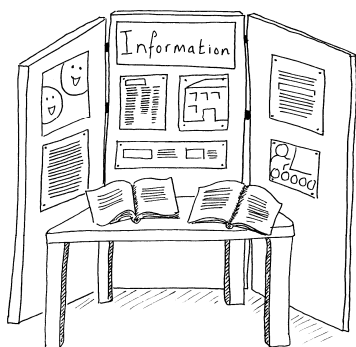
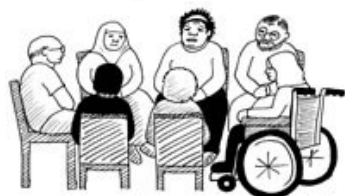
You may want to think about:



where you can get support



who can help you



where to find information

Steps I need to take to reach my goals

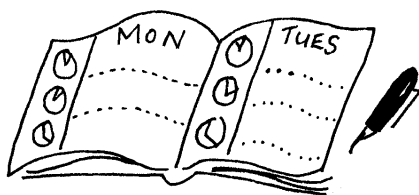
This is to help plan the steps you will take to reach your goals.



You need to think about what you will do first. You need to think about what you will do next.



You may need someone to help you with this.



You may want to put a date when you want to achieve this by.



Don't forget you can ask for help.

Produced by the accessible information working party
Sutton and Merton Mental health and Learning Disability Team
020 8296 3860
Images courtesy of Change Picture Bank
August 2010
SU064

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