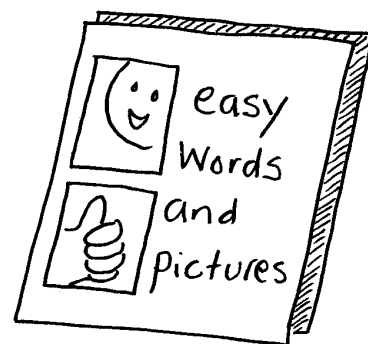


# Recovery plan for

.....



Easy read information

# How I can keep well



This is how I feel when I am well:

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- 



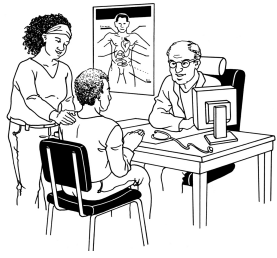
This is how people see me when I am well:

- 
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- 
- 



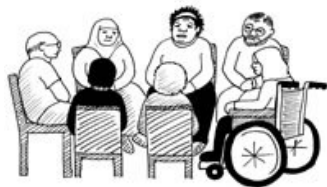
These are the things I do each day to keep well:

- 
- 
-



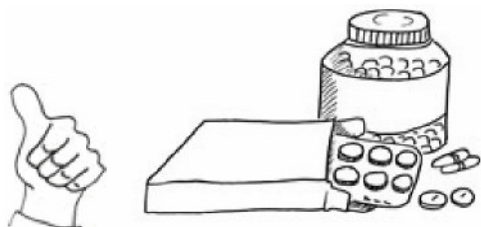
These are the things I need to do sometimes to keep well:

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- 



This is the help and support I need to keep well:

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- 
- 



This is the medication I take or treatment I have to keep well:

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# What I can do if I am not well



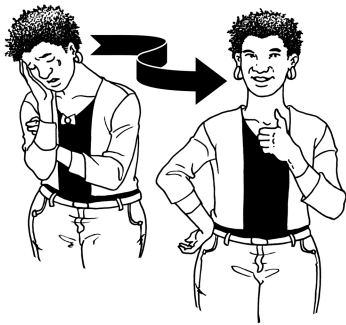
These are the signs that I am not well:

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- 



These are the things that can make me unwell:

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- 



These things can make me well again:

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- 



These are the things I can do to make myself feel better:

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- 
-

# What I used to do and what I want to do

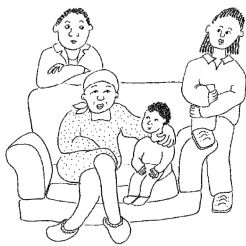
These are the things I used to do and these are the things I want to do:



Things I have to do every day like cooking, cleaning or looking after pets

What I used to do

What I want to do



Things I have to do for my family like looking after children, visiting parents

What I used to do

What I want to do



## Work, education or other daytime activities

What I used to do

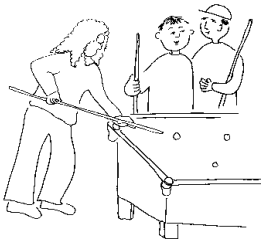
What I want to do



## Leisure activities

What I used to do

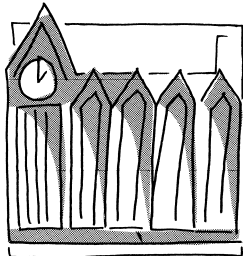
What I want to do



## Friends and social life

What I used to do

What I want to do

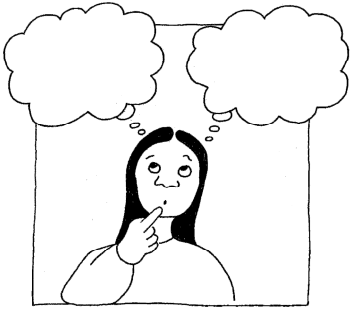


## Faith and religion

What I used to do

What I want to do

# Moving on with my life



What I need to do to move on

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How I will do these things

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Who will help me to do these things

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# Steps I need to take to reach my goals

## Goal 1



My goal is to:

Step 1

.....

Step 2

.....

Step 3

.....

Step 4

.....

Step 5

I need information and support from:

- 
- 
- 
- 
-

## Goal 2



My goal is to:

Step 1

.....

Step 2

.....

Step 3

.....

Step 4

.....

Step 5

I need information and support from:

- 
- 
- 
- 
-

### Goal 3



My goal is to:

Step 1

.....

Step 2

.....

Step 3

.....

Step 4

.....

Step 5

I need information and support from:

- 
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- 
- 
-

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

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