



Your Wellness Plan

Identifying and responding to your symptoms early reduces the chances that you will find yourself in a crisis. In spite of your best planning, you may find yourself in a situation where you need help. You may feel out of control in a crisis. Writing a clear wellness plan before the crisis will be helpful to you. This will help others better care for you. You can complete this plan with a Case Manager or your provider. Be sure to share this plan with friends or family members.

Name:

Address:

Phone #:

Birth Date:

Gender: ☐ Female ☐ Male

Emergency Contact:

Health Needs:

Directions to Home:

Service Providers:

Children:

Cultural Heritage/Spirituality:

When you’ve been in a crisis situation what kinds of support did you seek? What (people, places, services) things were the most helpful? Why?

SUPPORT	WHAT WAS HELPFUL?

What are the most difficult feelings for you to experience?
Please check the most difficult feelings or add any you don’t see listed here:

Think about what happens when these feelings get overwhelming. Consider the following:
What does it feel like inside your body?
What do you need when this happens?
What can you do for yourself?
What has been helpful before?

HAPPY		RAGE	
JOY		ANXIETY	
SAD		OVERWHELMED	
GRIEF		BOREDOM	
AFRAID		LONELINESS	
ANGRY		EMPTINESS	

Think about the people around you when you experience crisis. Are there behaviors or actions you take that might frighten other people? Please Describe.

How do you feel about these behaviors?

What would you like the people around you to understand about this?

How would you like them to react?

What do you need to hear?

Also identify what can make it worse, what you don't want people to do. What do you need to do personally? Write about that.

Are there people in your life who are important to you? (Children, Partner, Friends, Relatives, Clergy, Staff) Think about who they are, and who you may want to be in touch with if you're experiencing crisis, or end up getting support other than in your home. List their information here.

Are there people from this list who you would want consulted if there was any question of “next steps” when you are in crisis? Name those people. Make sure their contact information is included in the list above.

Is there anything else you would like people to know or consider when you’re “in crisis”? Is there anything else you need to remind yourself about when you’re “in crisis”?

SUPPORT

Below there is space to list several community supports that could assist when you’re “in a crisis.” List community supports that are of interest as well as their purpose.

NAME OF AGENCY	ADDRESS	PHONE #	PURPOSE

I, _____ authorize Ambetter from Superior HealthPlan to contact the supports that I have checked in the list above.