



Our Progress Plan

When someone in the family home is experiencing physical or mental ill health, living with a disability or has a difficulty with drugs or alcohol, being able to talk to one another and thinking of ways to keep safe and happy can really help.

Planning ahead can help you manage any changes by being prepared, knowing what to do and who to ask for help and support.

About us:

My name:

People that live in my home - Name:

Relationship to me:

Date this Plan was completed:

Our Support Network

We all have the right to be feel safe and there is nothing so awful we cannot talk to someone about it. Our support network will listen to us, believe us and do something to help us.

Family

Safe places I can go

Our family

School/college

Friends

Wellness Tools

Things you can do that will help when things are not going so well or you're not feeling great – i.e., speak to someone in your support network.



Daily Wellness Tasks

Things you can all do on a daily basis to keep you all well, i.e., what you eat, how much you sleep.



Triggers

Is there a person, place or situation that could cause you to experience a negative feeling or behave in a certain way? E.g. an anniversary of a loved one passing?

Trigger Action Plan

What actions can each of you take to help reduce the likelihood of a trigger happening? Or, if it does happen, what can you do to reduce the impact it has on you?

Early Warning Signs (EWS)

Early warning signs are a way of our body telling us we feel unsafe/unsure. An example might be butterflies in our tummies. Early warning signs could also be what we see/observe in others that makes us feel unsafe/unsure, i.e., Mum sleeping more, which could be a sign she is struggling with her mental health.

What early warning signs do you have?

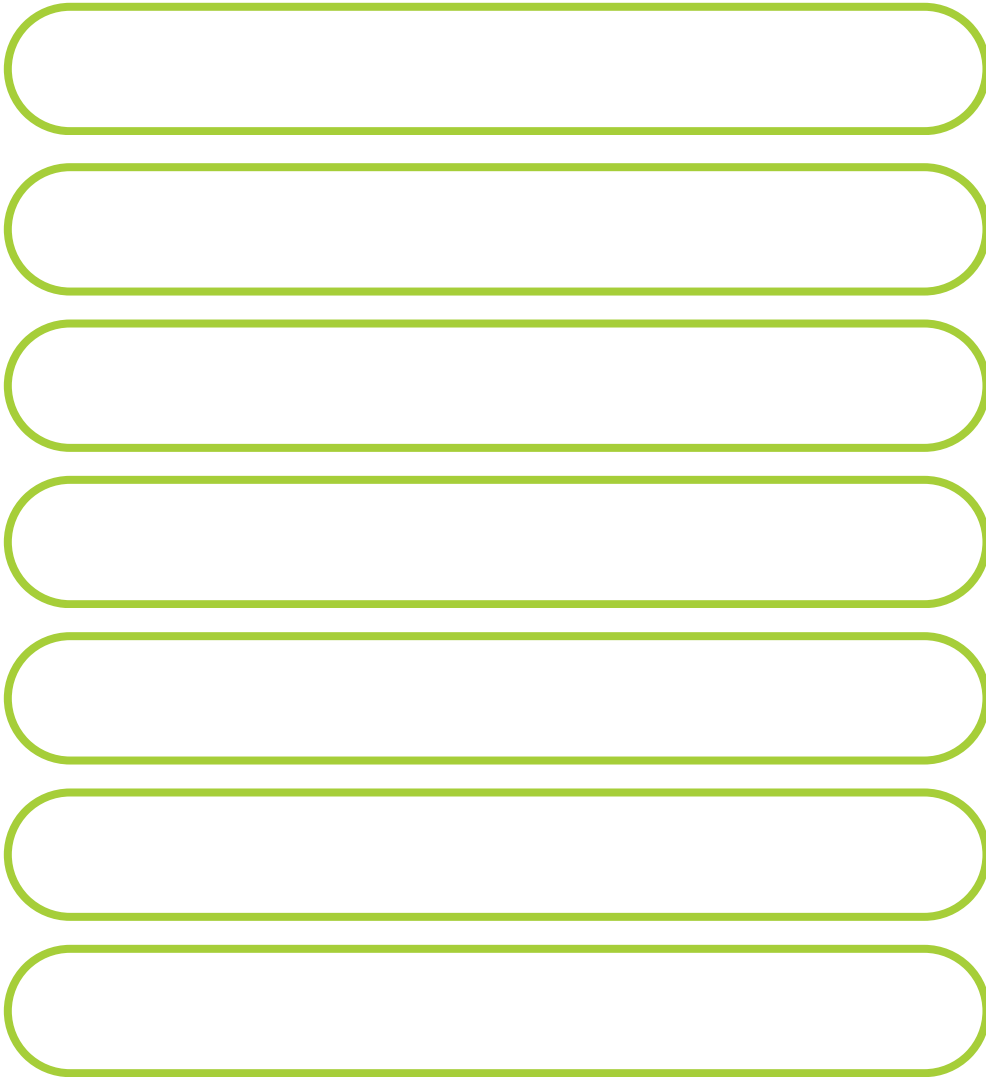


EWS Action Plan

What actions could each of you take if you experience early warning signs?

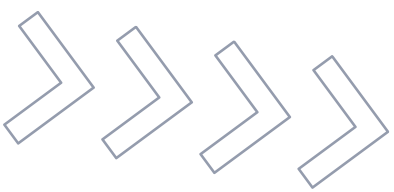
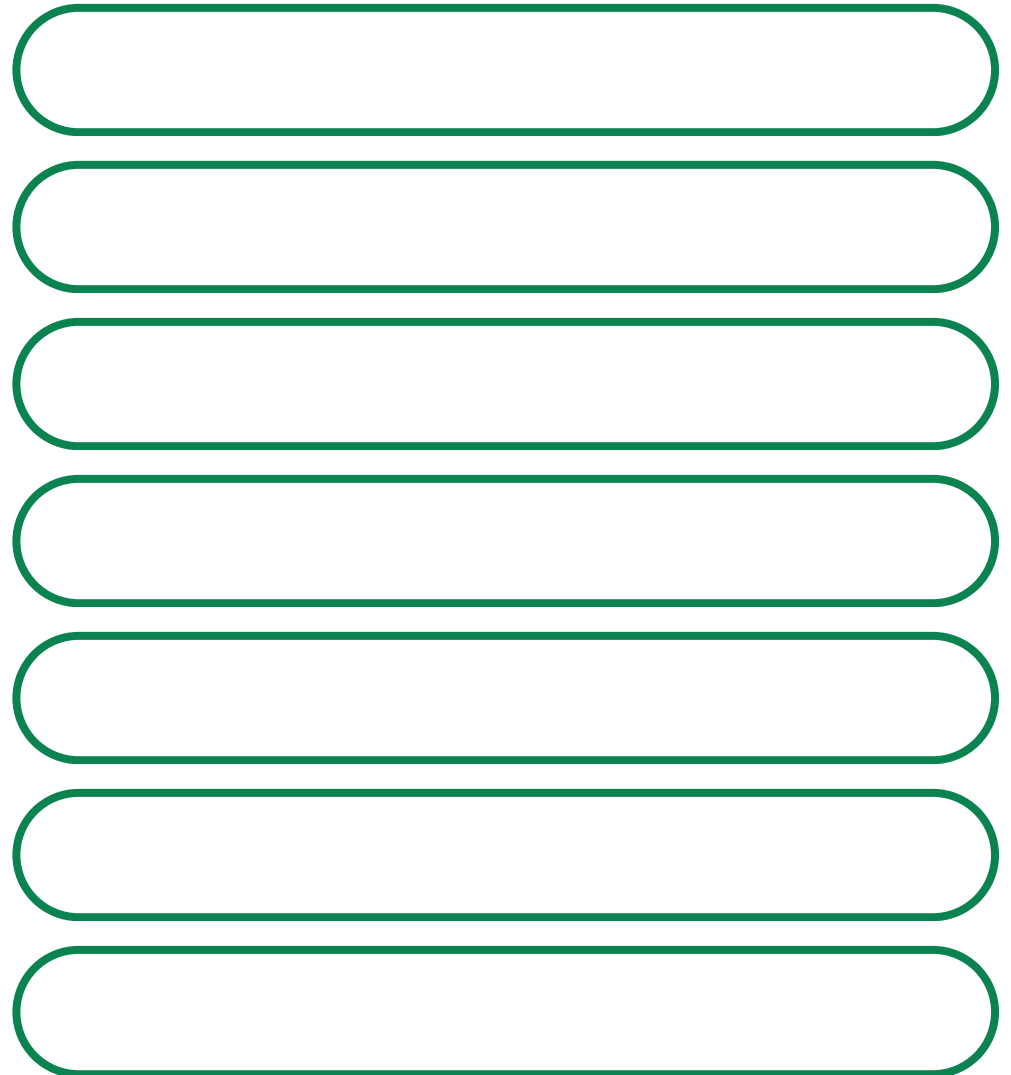
When things get worse

What would life look like and feel for each of you if things became worse?



Action Plan

What actions could each of you take if things became worse?



Numbers and helplines that may be useful:



Four horizontal orange rounded rectangles stacked vertically, intended for writing numbers and helplines.

