

POST CRISIS PLAN

How I would like to feel when I have recovered from this crisis

You may want to refer to the first section of your Wellness Recovery Action Plan--What I am Like When I am Well. This may be different from what you feel like when you are well--your perspective may have changed in this crisis.

I will know that I am "out of the crisis" and ready to use this post crisis plan when I:

Post Recovery Supporters List

I would like the following people to support me if possible during this post crisis time.

Who	Phone number	What I need them to do
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Arriving at Home (if you have been hospitalized or away from home)

If you have been hospitalized, your first few hours at home are very important.

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Do you feel you will feel safe and be safe at home? ___yes ___no

If your answer is no, what will you do to insure that you will feel and be safe at home?

Things I must take care of as soon as I get home
