

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.

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

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
