

My Wellbeing

Name:

DOB:

NHS Number:

What I like to be known as:

My pronouns:

What are the changes I and others notice when I'm finding things difficult?

What can I do to maintain my wellbeing or improve it on difficult days?

Name:

DOB:

NHS Number:

What can others do to support me if I am finding things difficult?

Is there anything that others should avoid when supporting me?

Name:
DOB:
NHS Number:

Who makes up my support network?

Name	Relationship to me	Contact details

Name:

DOB:

NHS Number:

If I am hospitalised I would like support with the following tasks or commitments (e.g petcare, garden, etc)

I would like to share this plan with the following people:

Signed:

Date: