



Derbyshire Healthcare
NHS Foundation Trust

My Recovery Plan



DHCFT



@derbyshcft

www.derbyshirehealthcareft.nhs.uk



Making a
positive
difference

Name:

In a crisis:

Signs:

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Contact:

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Medication:

It will help if:

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Don't contact:

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How I keep well day-
to-day:



Do's...

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Don'ts...

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People who can help:



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Activities that will help:



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My triggers:
(Things that make me less
well)



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Action plan:

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My early warning signs:



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Action plan:

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Things are getting worse:



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Action plan:

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Useful resources:

Online: www.stayingsafe.net

www.samaritans.org

App: (Available on Google play for Android, App store for Apple): Stay Alive app

Phone: Mental Health Support Helpline: 0800 0280077 (if you receive support from your community mental health team, please contact them first if you need to speak to someone during the day - Monday-Friday, 9am-5pm); Samaritans: 116 123.

If you would like this information in a different language or format, including Easy Read or BSL, please contact dhcft.communications@nhs.net

Ak by ste chceli tieto informácie v inom jazyku alebo vo formáte, kontaktujte spoločnosť dhcft.communications@nhs.net

如果您想要將本信息用其他语言或格式显示，请联系 dhcft.communications@nhs.net

Si vous souhaitez recevoir ces informations en une autre langue ou un autre format, veuillez contacter dhcft.communications@nhs.net

Heke hûn dixwazin ev agahdariyê di zimanek cuda an formate bixwazin kerema xwe ji dhcft.communications@nhs.net re têkilî bikin

Pokud budete chtít tyto informace v jiném jazyce nebo ve formátu, kontaktujte dhcft.communications@nhs.net

Jeżeli chcieliby Państwo otrzymać kopię niniejszych informacji w innej wersji językowej lub w alternatywnym formacie, prosimy o kontakt z dhcft.communications@nhs.net

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਜੋਂ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ dhcft.communications@nhs.net

اگر آپ کو یہ معلومات کسی مختلف زبان یا وضع میں مطلوب ہو تو براہ مہربانی رابطہ کریں dhcft.communications@nhs.net

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