



My Wellness Plan

Goals/Plan: 1. _____
2. _____
3. _____

I'm connected with the following resources:

I can ask for help from the following supports:

Calming/relaxation activities:

My feeling today:

Causes of Feelings:

Today I will: _____

Crisis numbers: 2-1-1 or 301-662-2255; National Suicide Prevention Lifeline 1-800-273-8255

Virtual Walk-in Behavioral Health Service: www.fcma.org

Self-assessment right now is: 1 2 3 4 5
Doing okay A little upset Moderately upset Very upset Extremely upset