

# Mindset Foundations

**Recovery Journey Map** 

### **IMPORTANT INFORMATION**

Mindset

Connections



# **DISCOVERY** AND PLANNING

- · Identify goals to achieve
- · Safety and Wellness planning

# WORK TOWARDS GOALS

- Identify strategies to support your goals
- Monitor safety and wellness plan



You are welcome to bring family or other key support.

#### To discuss:

- · Welcome Pack
- · Chat about program and how that looks for you
- · Program information



# **GOAL REVIEW**

- · Reflect on resources, strategies and skills



Service based on your needs

**Evidence Based** 

**Practice** 

Skilled and **Qualified Staff** 

**Practical** 

supports



**Regular visits** based on your needs



Visits can be at home, in the community or over the phone



- Add or make changes to your goals
- We will help you connect with other programs

## **TOWARDS INDEPENDENCE**

- · Discuss where to from here?
- · We appreciate your feedback so we can improve too

Helpline **Details** 

For Emergency 000

Mental Health Services 1800 332 388

Lifeline crisis support 13 11 14

Baptcare