

# STAY STRONG

## Care Plan



Make a  
change

Making changes is like going walkabout through country  
Small steps can lead to big changes



# MAH!



Let's start

Name \_\_\_\_\_

Date \_\_\_\_\_

Date of birth \_\_\_\_\_

# STAY STRONG

4-step care plan



who keep  
me strong



in my life



that take  
my strength  
away



for  
change

People  
who keep  
me strong

# STEP 1

Name

---

Keeps me strong because

---

---

---

---



Name

---

Keeps me strong because

---

---

---

---



Name

---

Keeps me strong because

---

---

---

---



Name

---

Keeps me strong because

---

---

---

---



Name

---

Keeps me strong because

---

---

---

---

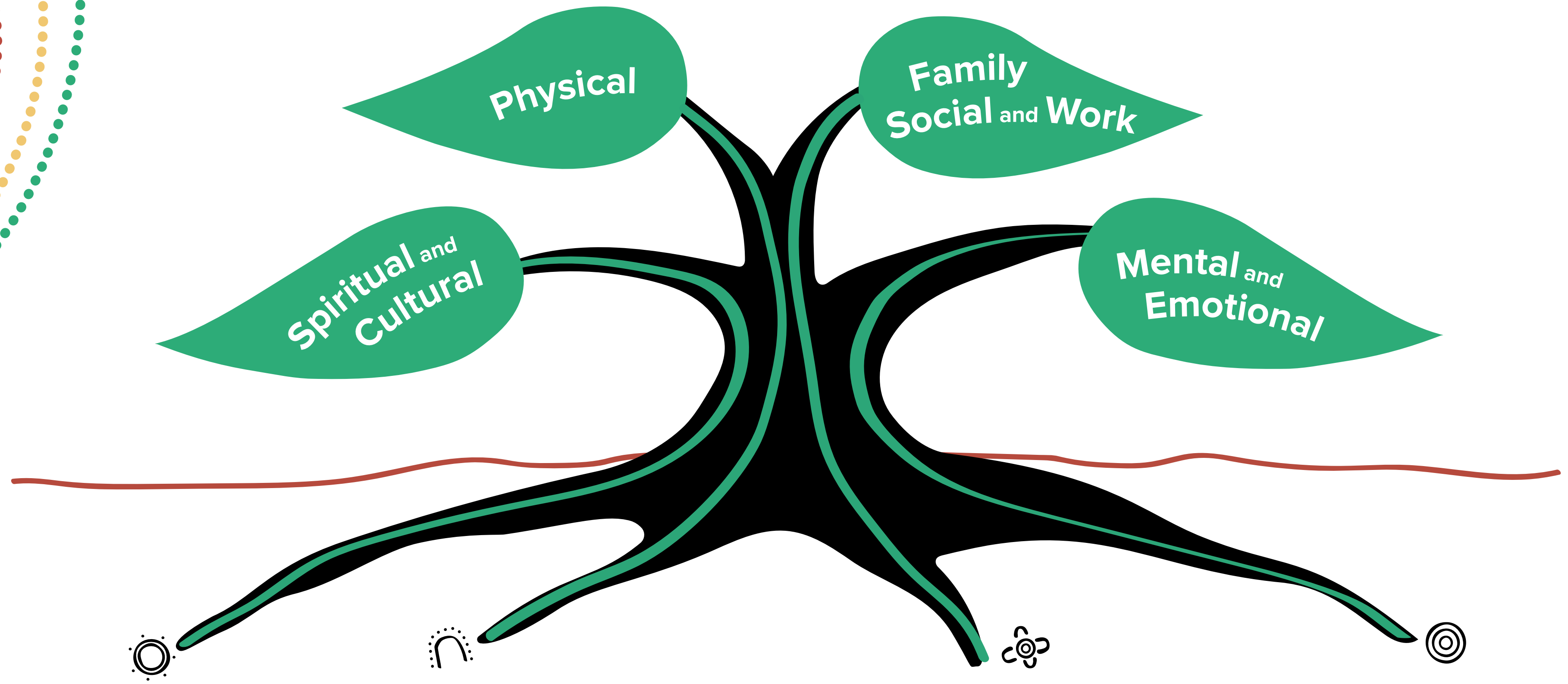


ME



Strengths in my life

STEP 2



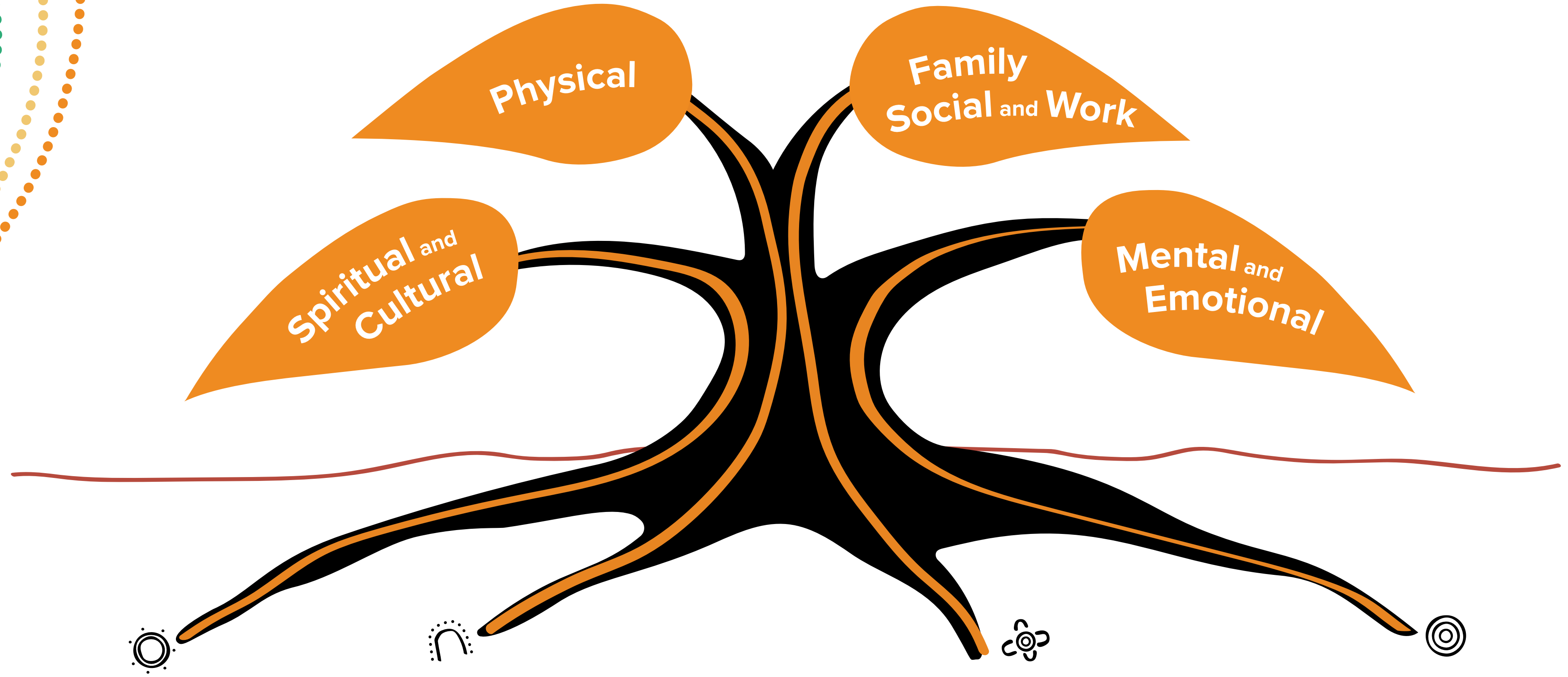
- ☐ Cultural identity
- ☐ Culture and country
- ☐ Obligation
- ☐ Story telling
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ Health centre
- ☐ Healthy food
- ☐ Exercise
- ☐ Sleep
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ Family and friends
- ☐ Work or jobs
- ☐ Teach kids
- ☐ Have a safe space
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ Understand health
- ☐ Music and dance
- ☐ Think strong way
- ☐ Fun and laughing
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_



Worries  
that take my  
strengths  
away



STEP 3



- ☐ Cultural identity
- ☐ Missing country
- ☐ Obligation
- ☐ No good talk
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

- ☐ Being sick
- ☐ Unhealthy lifestyle
- ☐ Gunja grog smokes
- ☐ Sleep worry
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

- ☐ Family worry
- ☐ Gambling
- ☐ Anger or violence
- ☐ Housing worry
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

- ☐ Stressing or sad
- ☐ Shame or self esteem
- ☐ Mixed up thoughts
- ☐ Hearing voices
- ☐ Self-harm
- ☐ \_\_\_\_\_



# STEP 4

## MY FIRST GOAL

Why would making this goal or change be a good thing to do?

---

---

1 What could be the first step to reaching this goal?

---

Who would help? \_\_\_\_\_

When would I do it? \_\_\_\_\_

2 What could be another step to reaching this goal?

---

Who would help? \_\_\_\_\_

When would I do it? \_\_\_\_\_

## MY SECOND GOAL

Why would making this goal or change be a good thing to do?

---

---

1 What could be the first step to reaching this goal?

---

Who would help? \_\_\_\_\_

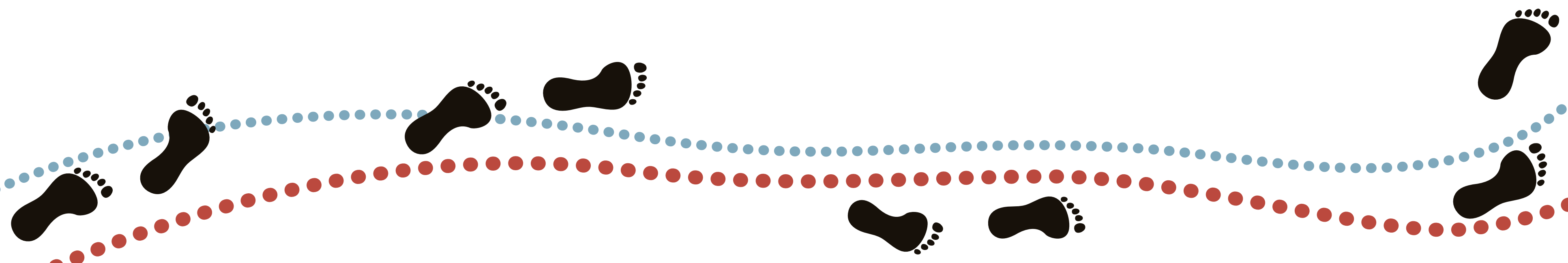
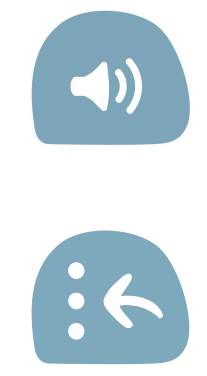
When would I do it? \_\_\_\_\_

2 What could be another step to reaching this goal?

---

Who would help? \_\_\_\_\_

When would I do it? \_\_\_\_\_





Other important things I can do  
(eg like see GP)

My early warning signs

Follow up session

# REACH OUT FOR HELP

During tough times it is good to have extra help - especially after hours or at night. Here are some suggestions for where to find extra help.

- A trusted support person
- Family, friends, elders or healers
- Your local health centre
- Your local hospital



# STAY STRONG

Care Plan



**Congratulations, your journey of change has now started**

Remember: just one step can make a difference

