

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 _____



ME

Name _____

Keeps me strong because _____



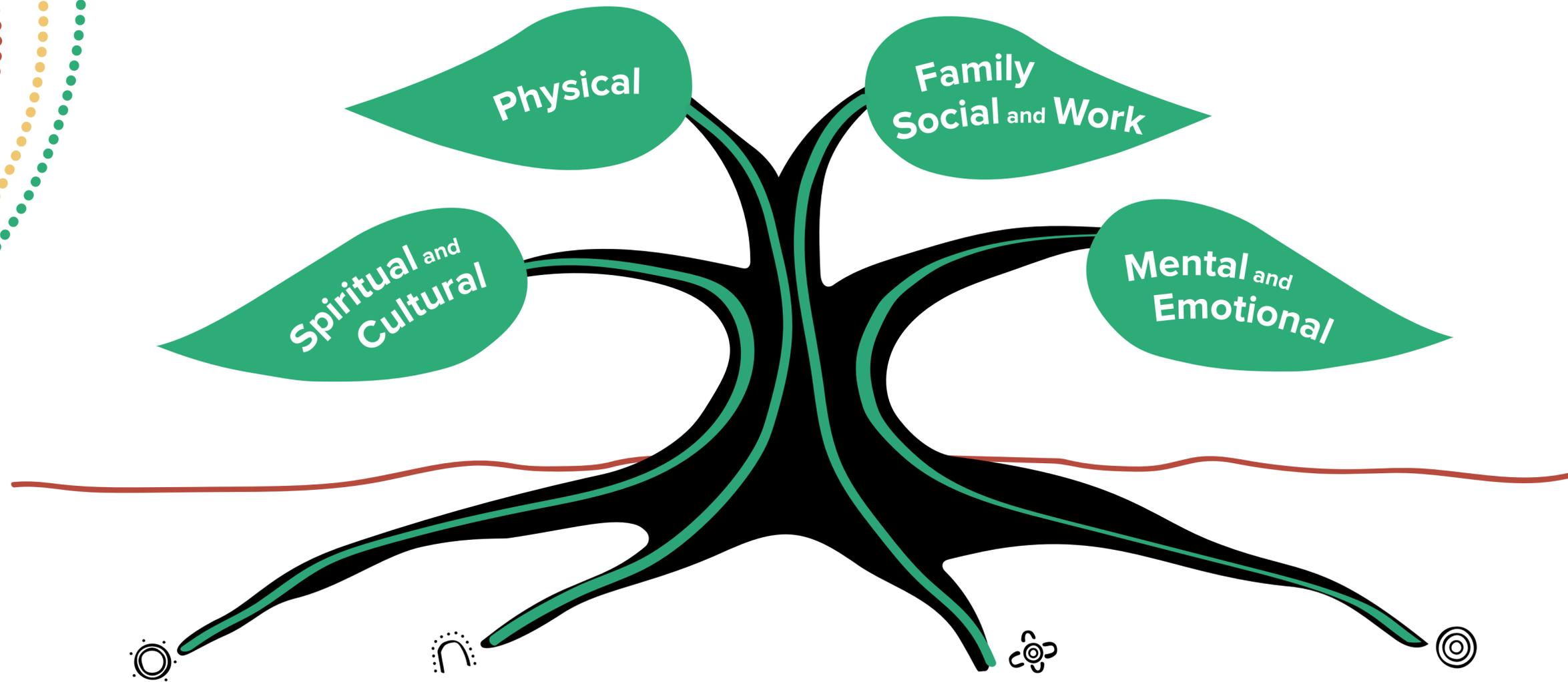
Name _____

Keeps me strong because _____



Strengths
in my life

STEP 2



- Cultural identity
- Culture and country
- Obligation
- Story telling
- _____
- _____

- Health centre
- Healthy food
- Exercise
- Sleep
- _____
- _____

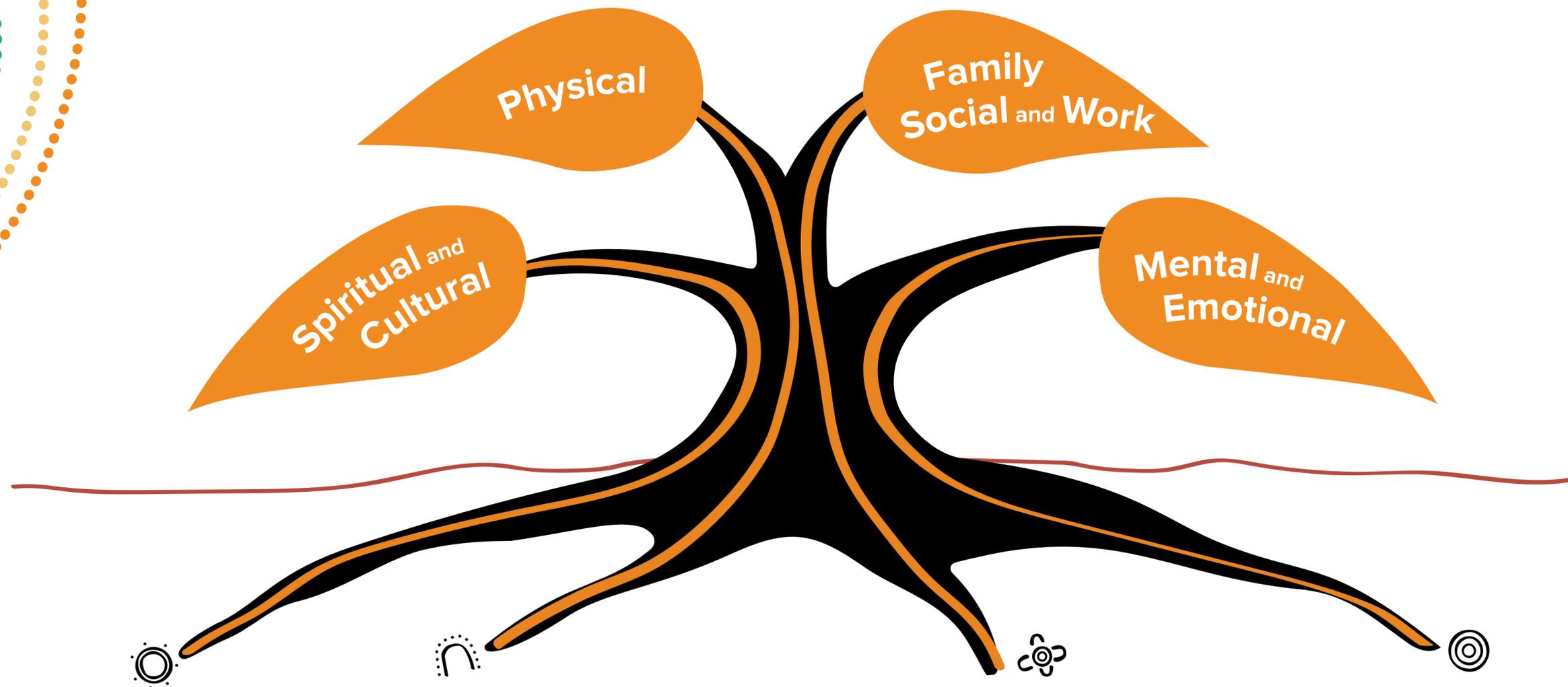
- Family and friends
- Work or jobs
- Teach kids
- Have a safe space
- _____
- _____

- 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
- ? _____

Goals
for
change

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



Give these mob a call if you need

13YARN.....13 92 76
Kids Helpline...1800 551 800
Brother to Brother.....1800 435 799
Beyond Blue...1300 224 636
Lifeline.....13 11 14

STAY STRONG

Care Plan



Congratulations, your journey of change has now started

Remember: just one step can make a difference

