

CARE PLAN

1.2 RESIDENT CONTRIBUTION

Note: This form can be used alongside your Wellbeing Plan or to support your contribution to Case Reviews. It will help staff understand how best to support you, and what helps you to cope when you feel that you might want to harm yourself.

What are the things that cause me to think about suicide or self-harm?

What could I use right now to help me to cope?

What can others do that would help?

What activities could I do that would help?

What is something positive I would like to achieve?

(If relevant) What have I achieved since my last case review?

