



My Wellness Plan for Mental Health and Substance Use Concerns

Name:

Date:



My RED light signs – Mental Health



- I know things are really not going well with my mental health when I notice that:
- When I notice things are really not going well with my mental health, the things I need to do are:
More: _____ Less: _____

My RED light signs – Substance Use

- I know things are really not going well in the area of substance use when I notice that:
- When I notice things are really not going well in the area of substance use, the things I need to do are:
More: _____ Less: _____

My AMBER light signs – Mental Health



- I know things are not quite right with my mental health when I notice that:
- When I notice things are not quite right with my mental health, the things I need to do are:
More: _____ Less: _____

My AMBER light signs – Substance Use

- I know things are not quite right in the area of substance use when I notice that:
- When I notice things are not quite right in the area of substance use, the things I need to do are:
More: _____ Less: _____

My GREEN light signs – Mental Health



- I know things are going well with my mental health when I notice that:
- When I notice things are going well with my mental health, the things I need to keep doing are:

My GREEN light signs – Substance Use

- I know things are going well in the area of substance use when I notice that:
- When I notice things are going well in the area of substance use, the things I need to keep doing are: