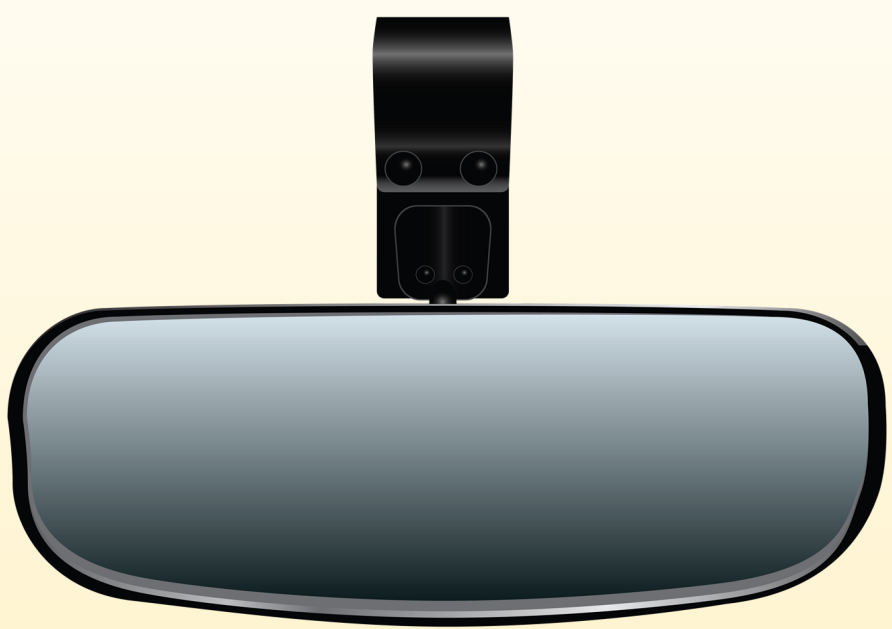


5 P's + Plan Formulation

Understanding what influences your mental health and wellbeing



Northumberland,
Tyne and Wear
NHS Foundation Trust



Past issues

What has happened in your past that may be important?



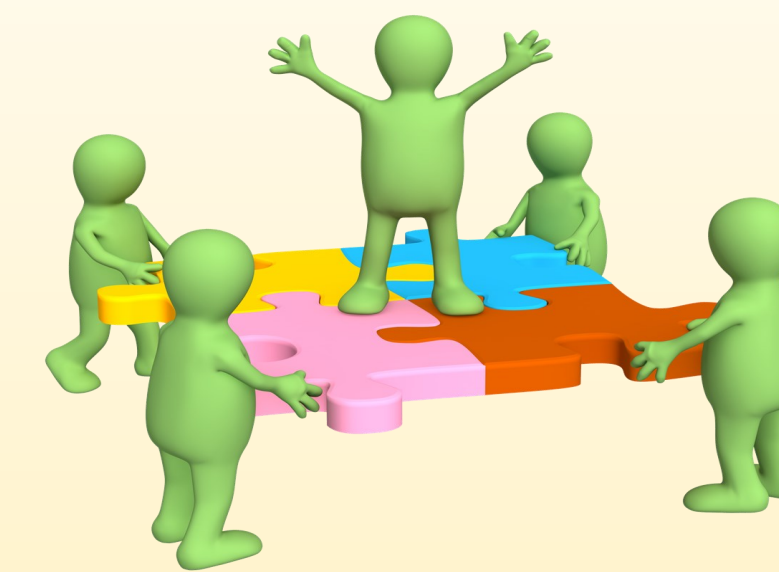
Triggers

What was happening when your current difficulties started?



Current issues

What are the key issues for you at the moment?



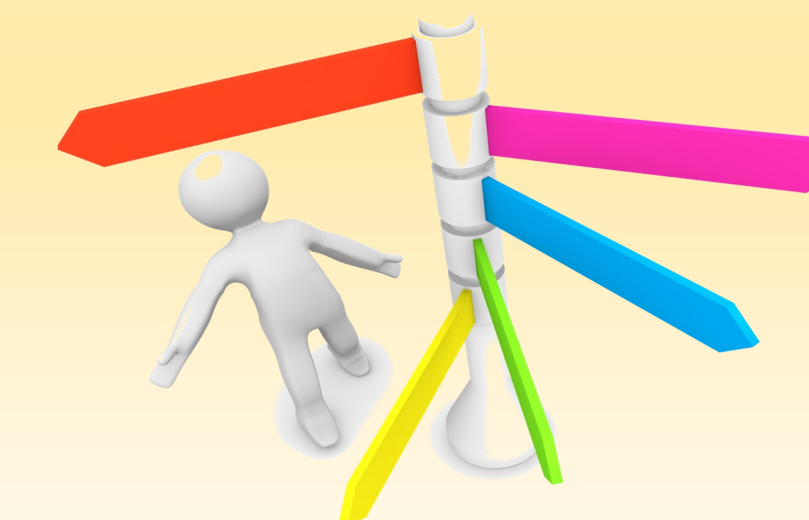
Positives

Positives in your life, including strengths and support from people and things around you.



What keeps things stuck?

Things that keep your difficulties going and make change difficult.



Plan

Thinking about your next steps to building your wellbeing.



Caring | Discovering | Growing | **Together**