

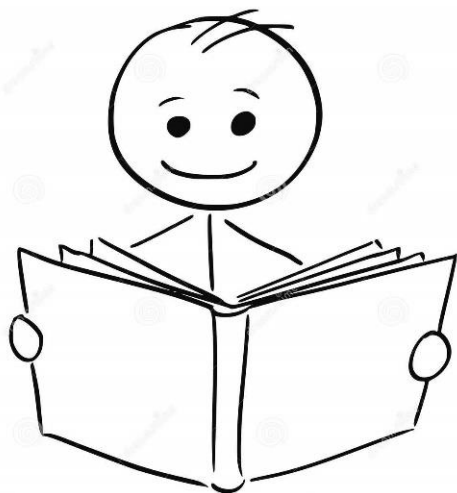


## My DIALOG+

Your mental health team are introducing a new way to help you describe how you are feeling and to work out what we can do together to help improve areas of your life that you may be finding difficult.

**It's called DIALOG+ and this booklet gives you a chance to see what it's all about.**

DIALOG+ is an easy approach to building your care plan, focussing on things that are most important to you. Thousands of people participated in research and said that they found the DIALOG+ approach really helped them, so we are pleased that we are able to offer this to you.



Please work through this booklet before your next visit, as it will help you explain how DIALOG+ works.

Bring this booklet with you to your next appointment if you wish.

Your Name: \_\_\_\_\_

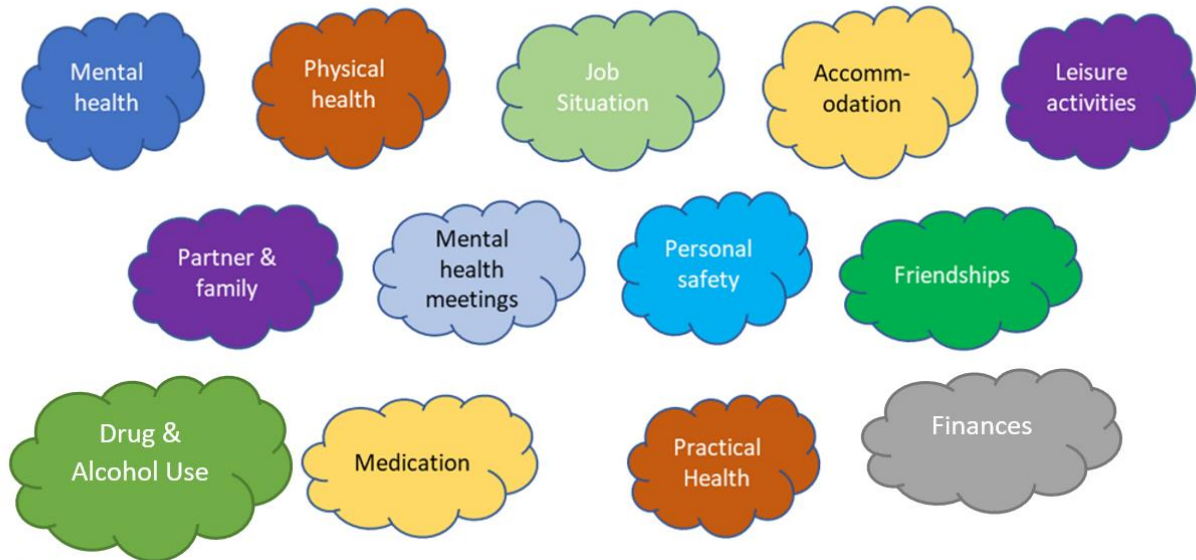
Name of your mental health professional: \_\_\_\_\_

## Step 1: How are you feeling today about the following areas?

The first step is to rate how you are feeling today on a number of topics. You could put a circle around the number that you feel best describes how you are feeling today.

	Totally dissatisfied	Very dissatisfied	Fairly dissatisfied	In the middle	Fairly satisfied	Very satisfied	Totally satisfied
Your mental health	1	2	3	4	5	6	7
Your physical health	1	2	3	4	5	6	7
Your job situation	1	2	3	4	5	6	7
Your accommodation	1	2	3	4	5	6	7
Your leisure activities	1	2	3	4	5	6	7
Your partner and family	1	2	3	4	5	6	7
Your friendships	1	2	3	4	5	6	7
Your personal safety	1	2	3	4	5	6	7
Your medication	1	2	3	4	5	6	7
Your practical help	1	2	3	4	5	6	7
Your mental health meetings	1	2	3	4	5	6	7
Your financial situation	1	2	3	4	5	6	7
Your drug and alcohol use	1	2	3	4	5	6	7

**Step 2: Please think about which areas you may want help with and mark them.**



It may be helpful to keep it to about three so that we can do a really good job of listening to you and working with you to find some actions that may help you work towards a higher satisfaction score.

We will talk through each of your selected areas with you to help us understand why you feel the way you do and what could make things better. We will endeavour to find some actions that you, we and others may be able to work on to help you on your road to recovery.

When we meet for your next appointment, we will review your ratings and actions from the last meeting. Sometimes you may feel better about some areas and worse about others. This is normal and you shouldn't be concerned. We will discuss what worked well and, if your ratings have changed, try to uncover what may have led to those changes.

