A wellness plan for post-traumatic stress disorder (PTSD) can help you understand your own warning signs for PTSD. These warning signs are different for each person. A wellness plan can also help you get help sooner and remind you what has worked for you to feel better.

- Fill out this form with your care manager.
- Put it where you see it every day.
- If you see signs of PTSD coming back, use this wellness plan.

My medicines:

<table>
<thead>
<tr>
<th>Name of medicine</th>
<th>How much to take</th>
<th>When to take</th>
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</tbody>
</table>

My PTSD warning signs are:

- ______________________________________________________________________________________
- ______________________________________________________________________________________
- ______________________________________________________________________________________
- ______________________________________________________________________________________
- ______________________________________________________________________________________

Things that help me feel better:

- ______________________________________________________________________________________
- ______________________________________________________________________________________
- ______________________________________________________________________________________
- ______________________________________________________________________________________
- ______________________________________________________________________________________

If I start feeling worse or for any questions, I can call:

- my main doctor at ____________________________
- my behavioral health provider at ____________________________
- a hotline at 1-800-LIFENET or 1-800-543-3638