Use the whole-person approach to develop your person-centered plan

Helps identify:
- Coping skills
- Social connections
- Physical needs
- Intellectual functioning
- Spiritual connection
- Occupation satisfaction and interest
- Financial status

Ask mental health experts for help when:
- When a person fails to respond to your initial care plan
- When a person has complex mental illness symptoms
- When you’re new to caring for someone living with a mental illness

Psychologists, psychiatrists and mental health social workers have special training to help you identify triggers and strategies to reduce unhealthy responses and actions.