5 P’s + Plan Formulation

Understanding what influences your mental health and wellbeing

**Past**
What has happened in your past that may be important? How was power used?

**Triggers**
What sets things off? What was happening when your difficulties started?

**Current**
What is happening in your life at the moment?

**Positives**
What are the positives in your life, including your strengths, support from people, things around you?

**What keeps things stuck?**
What things keep your difficulties going and make change difficult?

**Plans**
Thinking about your next steps to building your wellbeing.

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Caring  | Discovering  | Growing  | Together