

WHEN I'M EXPERIENCING PSYCHOSIS I NEED:

I want you to know that:

In order to take care of myself today I have to:

You can best support me by:

1.

2.

3.



WHEN I'M MANIC I NEED:

I want you to know that:

In order to take care of myself today I have to:

You can best support me by:

1.

2.

3.

