



Worksheet 11 – My Discharge Goals

This will be completed after discharge from your mental health clinician.

APMHA's Discharge and Relapse Prevention Clinician will contact you to work through this part of your plan.

What are the goals you would like to achieve in the coming weeks?

What coping skills will you use?

Who are the people in your support network?

Do you have any concerns about being discharged from APMHA? If so, what are these?

What post discharge follow-up appointments do you have organised?