Your Mental Health Maintenance Plan

A personal guide for continuing your well-being journey

IMMIGRANTS RISING
TRANSFORMING LIVES THROUGH EDUCATION

You did it. You showed up for yourself, worked through hard things, and built real tools for your well-being. As you continue your journey beyond your therapeutic sessions, make this mental health maintenance plan truly yours. This is your personal guide to carry forward what you've learned in therapy so far.

1. Your Story So Far

Look back at how far you've come. What did you work on, and what did you discover about yourself?

Goals I worked toward:

Progress I'm proud of:

Skills I built along the way:

2. My Coping Toolkit

These are strategies that work for you. Come back to this list whenever things feel overwhelming.

When I feel anxious or stressed, I can:

When I need to ground myself, I try:

Something small that always helps me:

Some ideas to draw from:

- Deep breathing, body scans, or mindfulness
- Journaling, drawing, or creative expression
- Movement—a walk, dancing, stretching
- Reaching out to someone you trust
- Setting limits on news or social media when needed

3. Know Your Warning Signs

Being aware of your early warning signs helps you take care of yourself before things get harder. *This section is especially helpful if you have any history with substance use, thoughts of self-harm, or suicidal ideation.*

Signs that I'm struggling (feelings, thoughts, behaviors):

Things that tend to trigger hard moments for me:

What I'll do when I notice those signs:

Who I'll reach out to first when I notice those signs:

4. Taking Care of Yourself

Self-care isn't a luxury, but it's a way to sustain yourself. Think about what truly restores and recharges you.

- Rest and sleep that feels like enough
- Foods and movement that make your body feel good
- People, places, or activities that bring you joy
- Moments of quiet or creativity just for you
- Setting boundaries to protect your energy

One self-care practice I'll commit to this week:

5. Community & Support Resources

You don't have to do this alone. Here are some places to turn for ongoing support, connection, and community. If you are unsure where to start, visit our Mental Health Resources for Undocumented People.

Local Resources:

Therapist or counselor:

Support group or community organization:

Trusted friend, mentor, or family member:

6. In a Crisis, You Can Always Reach Out

If you're ever in a moment of crisis, please don't face it alone. These are always available:

988 Suicide & Crisis Lifeline: Call or text 988 (24/7, free, confidential)

Crisis Text Line: Text HOME to 741741

Emergency Services: Call 911 or go to your nearest emergency room

My personal emergency contact:

7. Looking Back, Moving Forward

Before you go, take a moment to reflect on your experience in the program.

Something that helped me most:

Something I'd want future students to know:

One intention I'm setting for myself going forward: