Our Solutions Suite for Health & Recovery provides free tools & manuals, training webinars, podcasts, & technical assistance.

Products are for use in mental health & social service agencies, outpatient clinics, hospitals, peer-run programs, self-help groups, & on your own.

### Suite Contents

**Health & Wellness Tools**
- Enhancing Your Immune Health to learn about and improve the functioning of your immune system
- Nutrition and Exercise for Wellness and Recovery (NEW-R) to achieve a healthier lifestyle
- Wellness Activities Manual to learn habits that improve personal wellness
- Online Diabetes Education Toolkit of products (many in Spanish) linked to ADA care standards
- Guide to Planning & Conducting a Health Fair for people in mental health recovery
- Journaling – A Wellness Tool to improve health & personal wellness through reflection
- Wellness in 8 Dimensions & Wellness Daily Plan to set goals in each dimension of wellness
- Physical Wellness for Work to support a healthier & more productive work day
- Health Passport/Portable Record to learn about & monitor common medical conditions
- Keeping Healthy After the Hospital to introduce inpatients to recovery & motivate post-hospital wellness
- Whole Health Action Management to develop & use wellness self-management skills

**Self-Direction Tools**
- This Is Your Life: Creating A Self-Directed Life Plan to develop a goal-based plan for a rewarding life
- Express Yourself: Assessing Self-Determination in Your Life to identify where & how to increase personal self-determination
- Building Financial Wellness to gain knowledge & skills for managing your personal finances
- Raising Difficult Issues with Your Service Provider to constructively express viewpoints & wishes in treatment situations
- Action Planning for Prevention and Recovery (based on WRAP) to help manage or avoid mental health symptoms & troubling feelings
- Seeking Supported Employment to assess whether a vocational program offers evidence-based supported employment services
- Guidebook on Assessing Cultural Competency to explore and enhance competency with diverse people
- Self-Directed Care Manual: A Comprehensive Mental Health Program Guide to design & implement a mental health self-directed care program

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**Find Your Solution**