

# 5 P's + Plan Formulation

Understanding what influences  
your mental health  
and wellbeing



Northumberland,  
Tyne and Wear  
NHS Foundation Trust



## Past issues

What has happened in  
your past that may be  
important?



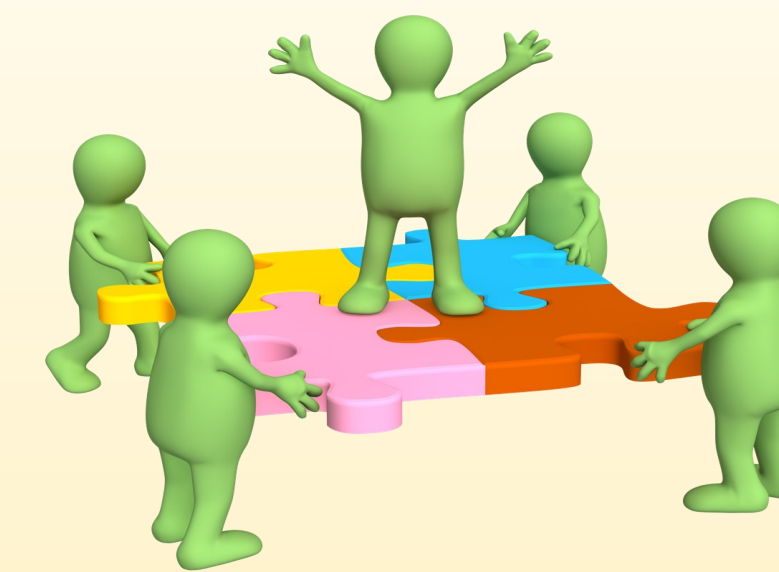
## Triggers

What was happening  
when your current  
difficulties started?



## Current issues

What are the key issues  
for you at the moment?



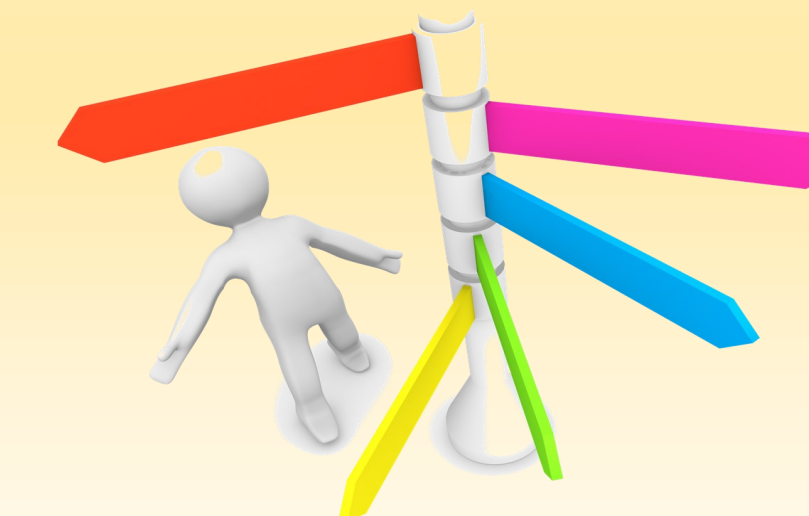
## Positives

Positives in your life,  
including strengths and  
support from people and  
things around you.



## What keeps things stuck?

Things that keep your  
difficulties going and  
make change difficult.



## Plan

Thinking about your next  
steps to building our  
wellbeing.



Caring | Discovering | Growing | **Together**