



Immigrant and Refugee Mental Health Project

When you address your own needs, you are healthier and are better able to deal with stressors. Think about how you can take care of your needs.

Self-care plan	
Physical health	Emotional health
Spiritual life	Work life
Social life	Other

Adapted from: O'Grady, C.P. & Skinner, W.J.W. (2007). A Family Guide to Concurrent Disorders. Toronto: Centre for Addiction and Mental Health