

# Journi



## Your Online Recovery Plan

[www.journi.org.au](http://www.journi.org.au)



### Your Own Wellbeing

- 1 Have greater control over your information and your care plan
2. Share information with the people you choose
3. Use simple interactive wellbeing tools to assist in your recovery

### People Providing Services

1. Understand the consumer's background and current care plan
2. Provide support and guidance. Assist with goal creation and suggest different strategies



### People Caring For Others

1. Participate in the care plan of someone you support
2. Celebrate their success and provide encouragement
3. Receive information and help support strategies for recovery

