

	Star 1 – Managing own mental health	Star 2 – Self – care	Star 3 - Living Skills and house responsibilities	Star 4 – Social networks	Star 5 – Work	Star 6 – Relation Ships	Star7 – Addict-ive habits	Star 8 – Trust and hope	Star 9 – self – esteem
Level 1-2	No sense of control and not very interested to take action myself	Don't look after self, eg not washing often, dirty or torn clothes	Can't live alone eg can't cook for self, can't go shopping can't wash clothes and often PWMD doesn't realise need for help	Isolated with almost no friends or people to meet or talk to. Maybe wishes to be part of social groups sometimes	Not in paid work, not wanting to or interested to try. No hope that ever can get job	Does not have any close relationships – if married maybe very poor communication and both unhappy	Has an addictive problem eg drugs, alcohol and doesn't see it as a problem/ doesn't want help	Feels no one can help and no hope for the future. Not sure who to ask for help	Don't feel of any value and feel hopeless and useless but sometimes wishes things could change
Level 3-4	Looking for help and starting with small actions for myself	Taking some steps but needs much help and reminders from others	Accepting help eg in taking small responsibilities and realises wants to be able to do more	Takes part in activities linked to project eg comes to support group	Doing things with time, eg loose activities but still needs help	Wants more closeness and wants some change –not sure what to do	Accepts need for help with addiction but doesn't always do what is asked	Feels there are 1-2 people who can be trusted, wanting to feel more positive	Don't feel of value and want help to get better and feel more positive – eg wants project team to help
Level 5-6	Taking action and more positive about the future and wanting to engage and look after self	Taking growing responsibility for self care and asks for help – also wants to learn new things eg meditation	Doing things for self more and more self-belief- eg washing all own clothes and taking small responsibilities in house alone	Increasing hope that I can make friends and join in and contribute eg to SHG, tries to build social skills or anger management	Exploring options for work /maybe doing some small part-time jobs for money. Eg some field work or some jobs for others	Taking some action for good relationships with others in my home eg helping others, talking and making effort	Seeks need for change and taking some steps to address addictive behaviour	Taking steps to connect with others, quite dependent on others and not trusting strangers	Can see own self beyond mental health troubles and wants to grow and learn more skills – needs lots of support still
Level 7-8	Increasing coping skills and setting my own goals, and taking self responsibility	Getting more skills and strategies to care for self eg taking morning walk	Learning more skills eg to go shopping in bazaar alone and feeling more confident	Growing skills and feels part of something. Active member in one or more groups and has friends	Looking for work and re-buildign skills and qualifications from before illness started	Trying to build skills in communication and take learning steps to make positive relationships –	Getting in control of addictions although not all the time, growing confidence	Trust in self and in others wanting to help – still fearful of what could happen in the future	Feels ok about self but still fragile and easily gets down if people are negative somehow
Level 9-10	Able to look after myself, go to doctor, take medicines, attend talking therapy and fully manage own mental health	Fully caring for self eg health, exercise, dressing, washing and good self esteem	Takes full responsibilities in the house as earlier and managing nearly all of living skills eg mobile recharge, bank, go by bus alone	Engaged and contributing member of community groups, maybe occasionally needs some help	Working/ employed part time or fulltime and needing only a little help at times	Has some positive and supportive relationships in house and makes effort to support others too. Happy with relationships	Enjoys lifestyle without addictive habits	Confidence that can cope with whatever happens and has skills and resources, and friends to get through	Nearly always positive about self but needing support occasionally