

PERSON:

Age Under 18 18-30 31-45 46-65 Over 65

Gender Male Female

Role relation (you can say more than one if applicable)

Immediate Family Wider family Partner
Friend Neighbour Colleague Acquaintance
Health and social care practitioner

How often are you in contact (face to face/telephone/internet)?

Daily At least once a week At least once a month
Occasionally Never / no longer

How long have you known this person?
Less than 6 months 6 months to 5 years
5 – 10 years More than 10 years

Do they know that you experience mental illness?
Yes No Don't Know

Do they use mental health services?
Yes No Don't Know

WB SCORE

General	Best	Worst

HOME

On an average week between waking and going to bed how much of your time do you spend at home?

0-25% 26-50% 51-75% 76-100%

How long have you lived there for?

Less than 6 months 6 months to 5 years
5 – 10 years More than 10 years

Activity – what 3 main things do you do there that are positive?

- 1.
- 2.
- 3.

Any activities you do here which are negative?

People you live with or who regularly visit:
Live with:

Regularly visit:

WB SCORE

General	Best	Worst

ACTIVITY

Where do you do this?

How often do you do this?
Daily At least once a week
At least once a month Several times a year
Rarely or never

How long have you been doing this for?
Less than 6 months 6 months to 5 years
5 – 10 years More than 10 years

Who do you do this activity with?

WELL BEING SCORE

General	Best	Worst

PLACE:

How often you go there

Daily At least once a week
At least once a month Several times a year
Rarely or never

How long have you been going for?

Less than 6 months 6 months to 5 years
5 – 10 years More than 10 years

Activity – what three main activities do you do there?

- 1.
- 2.
- 3.

People who you see there or who go with you:
Referred or suggested:

Go with:

Interact with there:

WB SCORE

General	Best	Worst