

Resilience Framework (adult with changing the odds) (Adapted by Cameron, Brooker, Neale, Reardon and Servini, from Hart & Blincow 2007 - for Adult Mental Health 2017 Version)							
	BASICS	COPING	CORE SELF	BELONGING	LEARNING & WORK	CHANGING THE ODDS	
RESILIENT MOVES	Good enough housing	Understanding others expectations and deciding which to meet, challenge or negotiate	Instil a sense of hope	Find somewhere to belong	Map out career or life plan; find a job/study that fits your interests, or hobbies that provides meaning where work doesn't	Challenge/change the source of our problems	
	Enough money to live	Being brave	Promote understanding of others	Help understand your place in the world and that others may face similar situations			
	Being /feeling safe	Identifying & solving problems; reduce self-blame and guilt	Know yourself	Tap into good influences (e.g. peer support)	Engage mentors, and people who know about work and learning options to help. This includes peer support from other people facing similar challenges in work and learning	Get support to challenge stigma by education	
		Putting on rose-tinted glasses; reframing/reappraising		Keep relationships going (e.g. educate/support partners/carers/family)			
	Access and transport	Fostering your interests	Help to take responsibility for yourself; self-advocacy	The more healthy relationships the better	Find ways/support to educate colleagues/managers about mental health	Get support to challenge discrimination by education and advocacy (e.g. vocational advisors, unions, Citizens Advice, peers/colleagues)	
		Calming down & self-soothing; support reflection		Take what you can from relationships where there is some hope	Consider what to disclose about mental health problems and to who		
	Healthy diet	Not to feel overwhelmed by illness	Foster talents	Get together with people you can count on	Help self-organisation	Campaign/lobby for better and easier to access services	
	Exercise and fresh air	Remember tomorrow is another day	There are tried and tested approaches for specific problems, use them	Responsibilities & obligations	Make changes/adjustments to work/study tasks and roles		
	Enough sleep	Lean on others when necessary		Focus on good times and places	Recognise your strengths and achievements	Raise mental health awareness amongst friends, in media, etc. Write a letter to a local newspaper	
		Have a laugh		Make sense of where you have come from			
	Leisure and work occupations			Predict good experience of someone/ something new	Develop life skills; consider your self-expectations	Find allies	
				Make friends and mix			
Foundations/Resilient Roots							
ACCEPTING Interpersonal skills Empathy		CONSERVING Interpersonal skills Trust		COMMITMENT Ongoing support issues		ENLISTING Self (e.g. not passive), Family, Friends, MH profs, GP	