

## What Is Journi?

Journi is your online recovery plan. Journi puts you in control of your recovery and information. The app lets you share your journey with people who assist in your recovery, like other service providers or carers.

## Find Out More

You can find out more by speaking to your health care worker or by visiting our website

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

# Journi

## Your Online Recovery Plan



Consumer

*Create your own recovery plan*



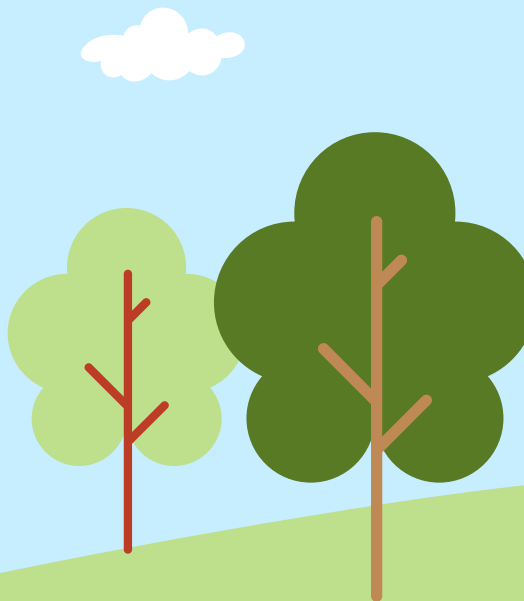
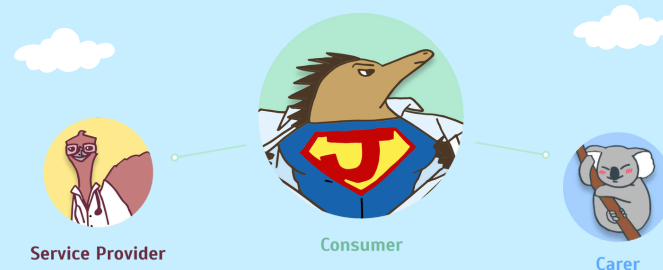
Service Provider

*Collaborate with your service provider*



Carer

*Get support on your journey*



# The Role Service Providers & Carers Play

Service providers and carers play an important role in your recovery. With your permission they can

- View your recovery plan so they can provide support
- Provide strategies
- Monitor how you are tracking towards your goals

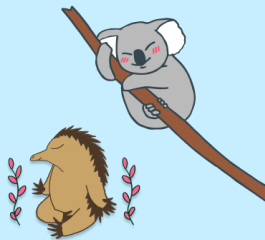


A service provider is someone you may be seeing for assistance, like:

- Peer Worker
- Mental Health Worker
- Drug and Alcohol Counsellor
- Support Worker

A carer is someone you identify as a support person in your life. They could include;

- Family Member
- Partner
- Friend

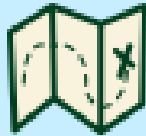


# For Your Wellbeing

Your recovery plan is your pathway to improved health and overcoming barriers such as depression and drug and alcohol dependency. Journi has features that enable you to direct and document your plan. These include:



**My Goals** – Choose goals that are specific to your needs and outline your strategies



**My Journey** – Track your mood and thoughts



**My Story** – Document as much, or as little, about your story that helps you plan



**Safety Plan** – Strategies to keep yourself safe when things get tough



**Network** – Add service providers and carers to share information with so they understand recovery plan

# Frequently Asked Questions

**Is my information secure and who has access to it?**

Your information is stored in a secure online database that has been encrypted and stored on an online database. The information belongs only to you. You decide what information you want to share.

**Can I stop sharing my information from my network?**

You are in complete control of your own information. If you choose that you no longer want to share information with a user or service provider you can adjust your settings in Journi.

**How can i get started?**

To get started and register, you can speak to your service provider or visit our website [www.journi.org.au](http://www.journi.org.au)