



Creating Your Mad Map - A Resource from Fireweed Collective

Mad Maps are wellness tools where you can articulate your desires and dreams — the things you care the most about that help you define your life. By creating and sharing your mad maps, you make it easier for the people around you to provide what you really need to feel better and to help navigate rough times. With Mad Maps, you record the lessons you've learned during hard life experiences, so that with the help of others, you can avoid making the same harmful mistakes again. You can think of Mad Maps as letters to your future self and the ones who care about you. Here are some questions to help you think about yourself, your experiences, and your needs:

My Identity:

What are key aspects of my identity and what language do I use to describe it?

What are the values that guide my life?

My Purpose:

What are the most important things in my life?

What would a happy life look like? What are my goals? What really matters to me?

What do I need from myself to achieve those goals?

What do I need from others to achieve those goals?

The Landscapes of My Mind:

What language does the mental health system use to describe my mental health struggles?

In what ways can psychiatric diagnosis be helpful for me?

In what ways can psychiatric diagnosis be unhelpful for me?

What language do I use to name my mental health struggles and different states of mind?

Taking Care of the Basics:

How do you know when you are well? What does it feel like?

List all the things you need to do daily/weekly/monthly to feel well:

How would I explain these needs to others?

Preventing and Intervening in Crisis:

What are specific warning signs that I am not well?

What are signs that I have entered a crisis?

What tools can help me face this crisis, including tools that have worked well in the past and things I've seen work well for others?

What concrete things can people do to help?



Learn more online at <http://theicarusproject.net/welcome-to-the-crisis-toolkit/>