

# Wellness Recovery Action Planning



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# Why WRAP?



WRAP helps promote Personal Responsibility in a safe structured way

WRAP encourages step by step planning for times of breakdown of mental health

WRAP encourages positive actions to be taken to prevent further breakdown of mental health

# Key Concepts of WRAP

- **Hope**
- **Personal Responsibility**
- **Education**
- **Self Advocacy**
- **Support**

**What do these mean in the context of recovery and wellness?**

# WRAP CONSISTS OF:

- Wellness Toolbox (Containing Daily Maintenance Plan & Wellness Tools)
- Trigger & Trigger Action Plan
- Early Warning Signs & EWS Action Plan
- When Things are Breaking Down & WTBD Action Plan
- Crisis Plan
- Post Crisis Plan
- EACH WRAP IS UNIQUE TO EACH INDIVIDUAL

# Feedback

- “I thoroughly enjoyed the course and it got me thinking about myself and how I can put steps into my life to improve it”
- “The training has enhanced my knowledge of the more practical aspects of recovery”
- “Other stories gave me hope – never give up on people”
- “Excellent facilitators who guide the whole group extremely well”
- “Made me realise that I don’t look after myself as well as I should – but allowed me to put practical steps in place to allow me to”
- “I know realise I can be more in control than I thought”

# Feedback

**I know more about recovery: 100% strongly agreed/agreed**

**I feel more hopeful: 99% strongly agreed/agreed**

**I felt respected by the facilitators: 100% strongly agreed/agreed**

**The facilitators were not judgemental: 100% strongly agreed/agreed**

**Wrap would be useful as a suicide prevention tool 86% Agreed**

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Want to know more?

**Further information available at:**

[www.scottishrecovery.net](http://www.scottishrecovery.net)

[www.copelandcentre.com](http://www.copelandcentre.com)

[www.peersupportnetwork.co.uk](http://www.peersupportnetwork.co.uk)