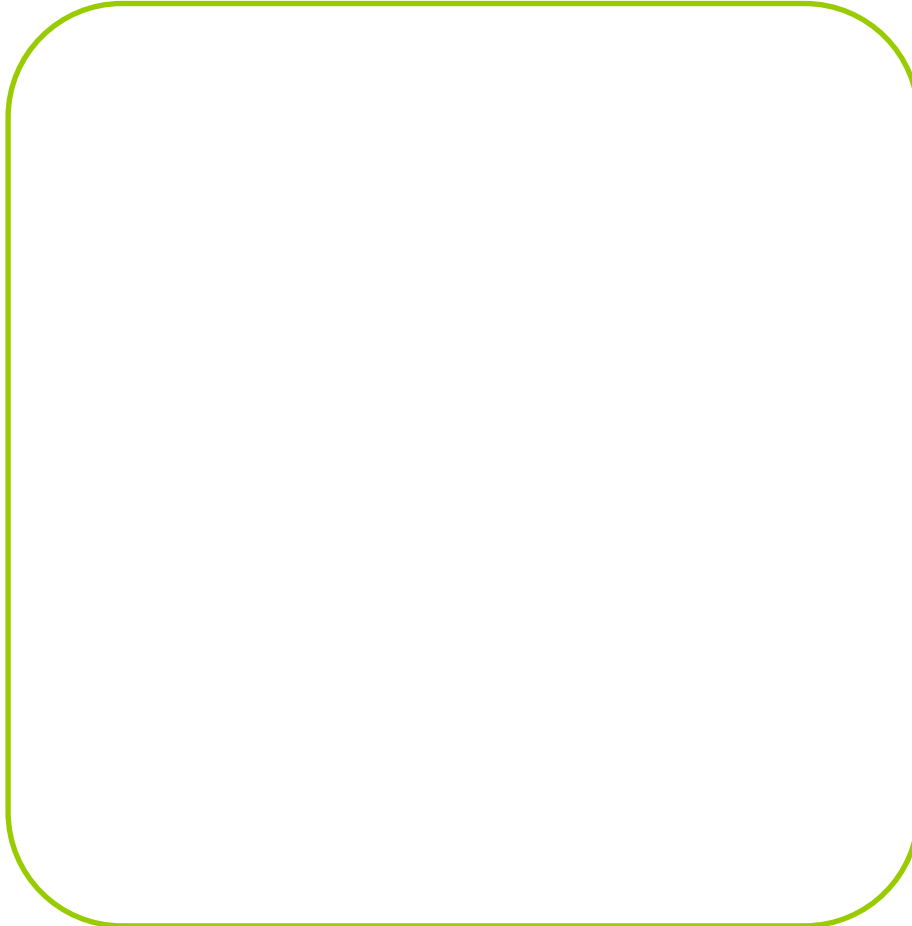


W.R.A.P.

My Wellness & Recovery Action Plan



My name is:

Signature:

This is my plan.

WRAP®

W.R.A.P.

My Wellness & Recovery Action Plan

1. Wellness Tools: Things, people & places that make me happy.
2. Wellness Tools: Keeping well every day.
3. Triggers: Things that make me sad or upset.
4. Early warning signs: What I do when I'm starting to feel bad.
5. Getting worse: What to do when things are breaking down.
6. Crisis: What I need you to do for me when I can't do it for myself.
7. After crisis: Things I need to start doing when I'm getting better.

Wellness Tools



Things that make me happy



Golf Bag



Golf Martini



Golf Cart



Sports Balls



Bicycle



Baseball & Bat



Ice Skates



Tennis



Rollerblade



Lacrosse



Equestrian



Camera



Anchor



Boat



Violin



Piano



People that make me happy

Family and friends

Their names are



Places that make me happy

My favourite places

Place names



Wellness Tools



Daily Maintenance

Keeping well every day





Things I do to keep well ...



Triggers








Things that make me sad or upset

	What makes me sad or upset	What I need to do if this happens
		
		
		
		

Getting Worse







What I do when I'm starting to feel bad

	What I do	What I need to do if this happens
		
		
		
		
		

Crisis






What I need you to do for me when I can't do it for myself


	What I do	What I need <u>you</u> to do if this happens
		
		
		
		

Crisis



People Who Can Help Me




	These are the people who need to know and who I want to help me.
<p>My House</p>  <p>Lix Procter</p>	Name: Contact: What I want them to do:
	Name: Contact: What I want them to do:
	Name: Contact: What I want them to do:



	These are the people I do not want to know or do anything for me.
	

After the crisis

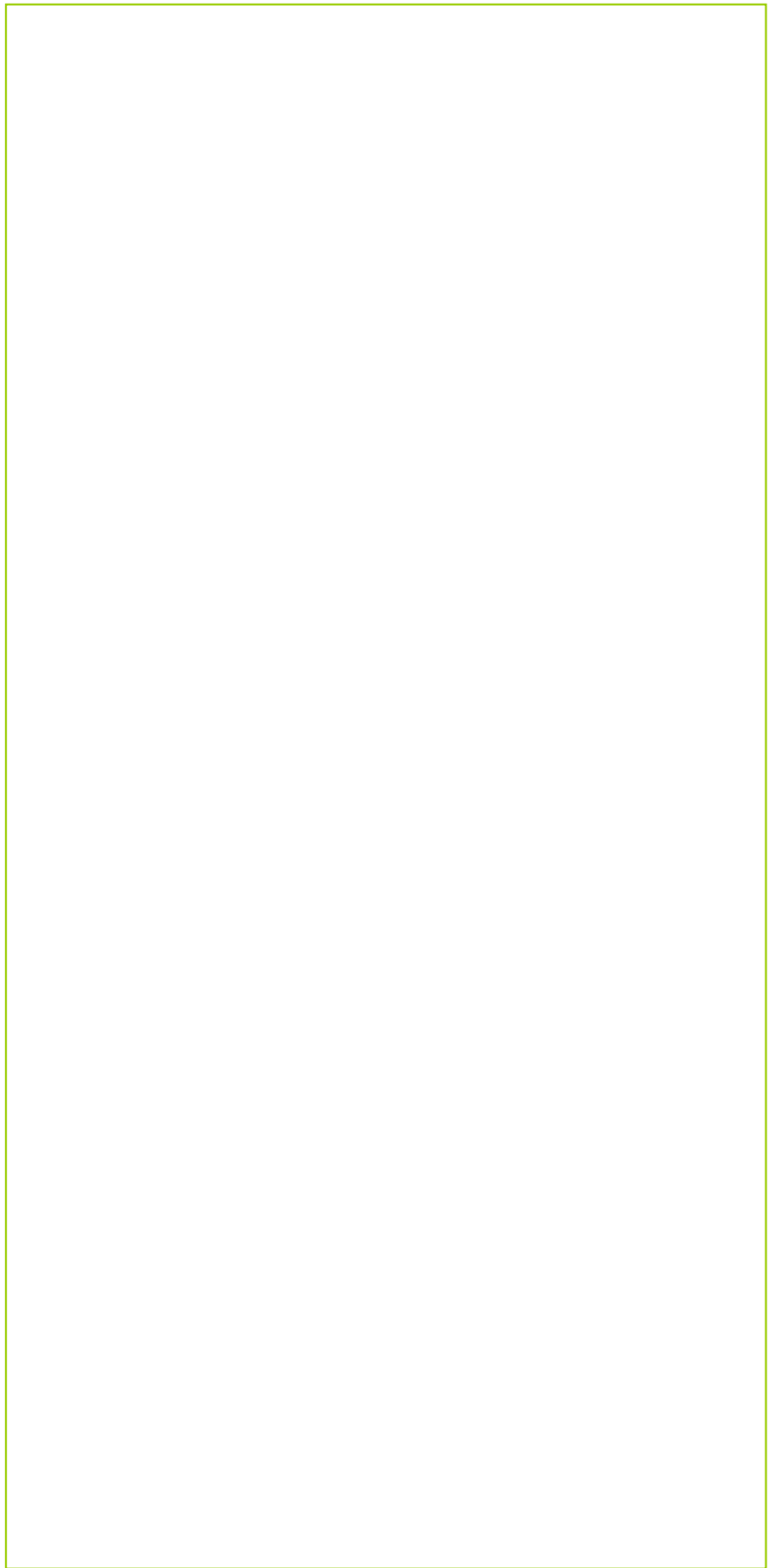


How you will know I am feeling better

	I'll stop doing
	
	

	I'll start doing
	
	

This is me when I am well 😊



This booklet has been adapted by Julie Pearson, Lee Marshall & David Newman from the WRAP® My Wellness & Recovery Action Planning Book¹.

Julie & Lee are two Senior Staff Nurses working at Rhymer's Court, Assessment & Treatment Unit in Rotherham. This is a ten bedded unit for people with learning disabilities. David is a Clinical Director with an interest in supporting models of recovery.

They have adapted the original to a format which promotes a more person centred approach to their care philosophy.

WRAP focuses on putting the person at the centre of their plans for wellness and recovery. It helps services work together to support that person and their mental health.

¹ WRAP® is based upon the work of Mary Ellen Copeland. PO Box 301, W. Dummerston, VT 05357 phone: (802) 254 2092 email: info@mentalhealthrecovery.com website: <http://www.mentalhealthrecovery.com>. All rights reserved.



I have worked on my WRAP plan

Date	Time	Person who helped me ...	Signed