WRAP

(Wellness Recovery Action Plan)

What is WRAP?

Using one-to-one or group sessions, create your own action plan to manage your wellbeing. To make you feel happier, healthier and more in control of your own feelings.

Let's break it down:

- **Wellness toolbox:** Things that help you feel good
- **Daily Maintenance:** Daily activities that look after your wellbeing.
- **Triggers:** Understanding what your tiggers are and how to combat them.
- **Early warning signs:** Recognise the signs that you are struggling.
- **When things break down:** Identify when things get much worse.
- **Crisis:** Learn how to overcome a crisis and preventative measures.