

A WRAP Plan (Wellness Recovery Action Plan) allows an individual to develop to discover what works best for them in terms of supporting their mental and emotional health, whilst aiming to avoid relapse and improve quality of life.

This plan belongs to you and is yours to keep. It is designed to work alongside any treatment, care plan or other help and support that you may receive. You can fill the plan in by yourself or ask someone to help you. You may wish to show your plan to those who support you or are involved in your care.

Key Recovery Concepts

Key recovery concepts provide the foundation of effective recovery work

Hope – People who experience mental health difficulties get well, stay well and go on to fulfil their goals.

Personal Responsibility – It's up to you, with the support from others, to act and do what needs to be done to keep yourself well.

Education – Learning and understanding all you can about what you are experiencing so you can make good decisions about all aspects of your life.

Self-Advocacy – Effectively reaching out to others so that you can get what it is that you need, want and deserve to support your wellness and recovery.

Support – While working toward your wellness it is up to you, receiving support from others, and giving support to others will help you feel better and enhance the quality of your life.

Knowing yourself -Understanding how you behave and present when feeling well and when your mental health is declining is important and will help you to remain well.



Things that keep me well

Describe yourself when you are feeling well. Remember to include your strengths and abilities - (list qualities such as bright, chatty etc.) This list will be useful to remind people how you usually are for others to recognise when you may be feeling unwell;

Daily List - Wellness Tools

Make a list of things that you need to do every day to keep yourself well and feeling good (such as eat healthy meals, take medication, go for a walk)

You may find that this will be useful when you are unwell as it will remind you of what you need to do each day

Daily Maintenance Plan This list is not exhaustive but aims to give some ideas to remain well.

Eat healthily and regularly, remain hydrated – drink water. Try to avoid caffeine, sugar, junk foods, alcohol. Exercise, get exposure to outdoor light. Take prescribed medications. Have some relaxation time or meditate. Keep a diary/journal. Get Creative. Create a daily routine. Chat to a friend/partner/family member. Check in with myself; how am I doing, physically, emotionally, spiritually. Join a group in your community. Learn a new skill, or study a subject that you are interested in. Mindfulness.

Goals that I would like to work towards.

Make a list of goals or ambitions that you would like to work towards, or things that will improve your life. These may be achieved easily or may take several years to achieve. For example, go out for coffee with a friend, complete a course or some learning or move house.

Goals that I have achieved Make a note of the goals that you have achieved. Remember to congratulate yourself and see how far you have come! It isn't important how big these goals are, as they are individual, it is having a sense of feeling good about something you have achieved.

Identifying your triggers:

Describe external events or circumstances that are likely to set off a chain reaction of behaviours, thoughts or feelings.

Recognising and responding to changes in your mental health

Describe yourself when your mental health is beginning to change.

It is often useful for other people in your household to help complete this with you too, especially if you are unable to recognise these changes.

My Action Plan

Which of my wellness tools am I going to use when I notice my mental health start to change?

Who could I speak to, who could offer more support to my children?

Refer to your Mental Health Contingency Plan and explore wider family, friends, neighbours, school, nursery etc. Who could offer support whilst you are implementing your wellness tools?

Where could I go for more support with my mental health if needed?

Consult with your GP or your Mental Health Professional. Also, consider community wellness groups in your area.



If in crisis, please contact Single Point of Access (SPA) 01924 316830