

Wellness Recovery Action Planning

Mary Ellen Copeland PhD

An Introduction to WRAP

A system for monitoring,
reducing and eliminating
uncomfortable or dangerous
physical and emotional
difficulties



wellness toolbox

Talk to a friend
Talk to a worker
Peer support
Relaxation
A warm bath
Listen to music
Creative activities
Exercise
Diet consideration
Attend support group
Wear something comfortable
Take time off
Extra rest
Make list of achievements
Take medications, vitamins, supplements
Write down good things about yourself
Get a second opinion
Do something that makes you laugh
Walk the dog, cat or other pet

Monday 11 August 2008

9.30am - 3.30pm

**Rothes Halls, Glenrothes
Fife KY7 5NX**

Having **supporters**

who will know

your needs

and can take over

responsibility for your

care in a crisis

daily maintenance plan

triggers

early warning signs

when things are breaking down

crisis planning

post crisis plan

Cost

(includes lunch & materials)

Unwaged £40.00

Voluntary Sector £60.00

Statutory £80.00

Facilitators:

Chrys Muirhead & Eric Nicol

Chrys is a passionate believer in mental health recovery, she has lived it and supported others in their recovery, and is keen to promote WRAP as a useful self-management tool on this journey. Chrys lectures in Care subjects, is also a qualified community educator and has recently started working independently as a trainer and consultant

Eric is himself in recovery from mental ill health and is currently employed by Turning Point Scotland as Recovery Impact Worker for the whole organisation. Eric is passionate about recovery, has experience of delivering training, and is currently developing WRAP training for all of TPS as it has been recognised that WRAP can work for anyone