

What is a WRAP

WRAP is the **Wellness Recovery Action Plan**®, originally created by Mary Ellen Copeland.

WRAP helps you develop real tools you can use to manage your physical and mental health to change your life. It is based on

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

Elements of a WRAP

- What are you like when you're well?
- Wellness Toolbox—things you can do to stay well.
- Daily Maintenance Plan—things you commit to doing daily to stay well.
- Triggers and how to cope—what throws you off balance and how to manage this.
- Warning signs and action steps.
- When things break down - what to do and how to get back on track.
- Crisis Plan - how to stay in charge when a crisis does happen.
- Post Crisis Plan.

Benefits of a WRAP

- It fills your life with hope.
- It's personalized and unique to you.
- It gives you a voice—you're in charge at all times.
- It's easy to understand.
- You create it in a supportive environment.
- It's flexible to meet your needs - make changes anytime.
- It helps you learn new ways to solve old problems.
- It provides you with a social peer network.
- You'll learn new ideas for fun and relaxation.

How has a WRAP helped others?

"Now I have some tools to help me plan for what to do. By using my Daily Maintenance Plan and the Wellness Tools, I know that I will make good decisions for myself." - Eva M.

"The BEST thing I learned was how to let go of my anger. I visualize a helium balloon stuffed with all my anger, letting go of the string and watching it fly into the air. When I find myself getting mad I think "JUST LET GO." It works most of the time. I feel like WRAP saved my life! God only knows what would have happened to me if I didn't learn how to make plans and find some coping tools." - G.G.

"I love it. This is my 2nd time writing a WRAP. This time I am developing one for work. I am looking at what I am responsible for and what I am not responsible for. Taking Personal Responsibility is one of the concepts I am really working with right now in my life." - W.B.



Tired of feeling like

you have to start

all over again?

Take control of

your life - with

WRAP!

**What are you waiting for?
Start living well now!**

Join a WRAP Group and
create your personal WRAP today.

Space is Limited!

Ask your Mental Health Provider
or contact Behavioral Health
and Recovery Services'
Office of Consumer and Family Affairs

Call (800) 388-5189

to find a WRAP group
happening near you.



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SAN MATEO COUNTY
BEHAVIORAL HEALTH AND
RECOVERY SERVICES



WRAP
Wellness Recovery
Action Plan



Learning to Live Well

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