



Wellness Recovery Action Planning (WRAP)

Wellness Recovery Action Planning (WRAP) is a way of monitoring and managing your mental health which was developed by Mary Ellen Copeland in the U.S. WRAP was initially developed by and for people who have experience of significant mental health difficulties. However, WRAP can be useful to anyone in planning and managing their own wellbeing and gives participants the opportunity to develop their own Wellness Action Plan which they can use on an ongoing basis to keep themselves well and to restore their wellness when it is challenged.

The plan goes from daily mental health maintenance, through identifying triggers and planning for how to manage them, identifying when your mental health is challenged and planning for what to do when this happens right through to crisis and post-crisis planning.

WRAP can:

- Help you stay as mentally well as possible
 - Help you to monitor your own feelings and behaviors so that you recognise when your mental health is taking a dip
 - Help you to develop action plans for what you will do to manage your own mental wellness when you face challenges in life
 - Identify the people/ services that can support you and the type of support that is useful to you
 - The duration of the in-person programme is 2 full days and can run over consecutive weeks/days or 4 x 2.5-hour sessions for the online programme.
 - Participants on the programme start developing their own personally tailored Wellness Recovery Action Plan which they then continue to work on and refine in their own time on an ongoing basis.
- The programme:
- Introduces participants to the key concepts underpinning recovery in mental health
 - Supports them to start developing their own personally tailored Wellness Toolbox and Daily Mental Health Maintenance Plan
 - Helps participants to identify their triggers and develop plans to manage these
 - Provides participants with tools they can use to monitor their mental health on a day-to-day basis and to identify when their mental health is taking a dip
 - Supports them to start developing plans for how they can manage their mental health if it does take a dip right through from minor dips to crisis and post crisis planning
 - Helps participants to identify the supports that are useful to them at different stages in the process

Each programme can accommodate 15 - 18 participants and is facilitated by two of our highly experienced and fully trained WRAP Facilitators. Suicide or Survive has a panel of facilitators who have all completed the Copeland Centre recognised WRAP Facilitator training programme. In addition to this, they have all been mentored by more experienced WRAP facilitators

For more information visit <https://suicideorsurvive.ie/programmes/wrap-programme/>