

# WRAP (Wellness Recovery Action Plan)

## The 5 Key Concepts of Mental Health Recovery

- Hope
- Personal Responsibility
- Education
- Self-Advocacy
- Support

## Wellness Toolbox

### Daily Maintenance Plan

- Part 1: What I'm like when I'm well
- Part 2: Things I need to do everyday
- Part 3: Things I need to do occasionally

### Stressors

- Part 1: Identify your stressors (External events)
- Part 2: Action Plan

### Early Warning Signs

- Part 1: Identify subtle internal signs of change that indicate things are not quite right
- Part 2: Action Plan

### When Things Are Breaking Down

- Part 1: Identify signs that indicate that you are feeling worse
- Part 2: Action Plan

### Crisis Plan

- Part 1: What I'm like when I'm well
- Part 2: Indicators
- Part 3: Supporters
- Part 4: Medication
- Part 5: Treatments and Complimentary Therapies
- Part 6: Home/Community Care
- Part 7: Treatment Facilities
- Part 8: Help from Others
- Part 9: Inactivating the Plan

### Post Crisis Plan

- Part 1: Dealing with issues related to recent crisis
- Part 2: Timetable to resuming responsibilities