

WRAP is about you and for you: working with your friends and family, taking control of your own wellness, planning for your own recovery.

You decide what goes into your WRAP

How do I find out more about WRAP?

SRN have trained many WRAP Facilitators in Scotland using a Quality Assurance process, which ensures a reliable experience for you. Workshops are not classes, but groups where everyone has an equal voice. In workshops you talk about wellness and recovery not illness, and your Facilitators share their experiences of wellness not illness.

SRN can put you in touch with your nearest Facilitator – our contact details are below.



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I have a feeling of deep inner confidence, quiet confidence, I think that comes from WRAP, ... lives deep inside me; it doesn't live in the folder.

WRAP is about YOU

it's a powerful tool for your RECOVERY!

What is WRAP?

Wellness Recovery Action

Planning (WRAP) helps you take control over your own mental health recovery and wellness.

It recognises that you are the expert in your own experience and there are no limits to recovery.

“...if I am feeling a wee bit stressed I will take out my action plan and I will go through it and make sure as I said that I am doing a kind of follow-on...”



You can use your WRAP every day to help you deal with challenges to your mental health. It helps you find:

Your Wellness Tools – what you do already to keep yourself well, activities that you enjoy that help you through the day.

Your Daily Maintenance Plan – the daily routines you need to keep yourself feeling well and in control of your life.

Your Triggers and Action Plan – the things or events that make you feel low or stressed and how you can plan to deal with the effects of these triggers.

Your Early Warning Signs and Action Plan – the signs that tell you that you are starting to struggle or becoming unwell, and plan to control these early warning signs.

Things are starting to break down and Action Plan – in spite of your best efforts you begin to feel worse and worse and you need to plan to stop things getting even worse.

Your Crisis Plan and Post Crisis Plan – for during and after very difficult periods to help you get back in control.