



**LET'S OPEN A DOOR  
TOGETHER**

You can also check out Mary Ellen  
Copeland's website  
[www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)



English

# **WRAP Wellness Recovery Action Plan**



**A way to get well and  
stay well designed by  
you... for you**



[www.fraserhealth.ca](http://www.fraserhealth.ca)

This information does not replace the advice given  
to you by your health care provider.

Catalogue # (Month Year) Language  
To order: [patienteduc.fraserhealth.ca](mailto:patienteduc.fraserhealth.ca)



## Wellness Recovery Action Plan

Having a WRAP helps you take care of your own health, wellness and mental health challenges every day.

WRAP is a plan that you make for yourself.

You can make your WRAP in a group or by yourself.

Group leaders have and use their own WRAP to keep healthy. They can help you to make your own plan.

It is your choice to join a WRAP group. It is free for anyone who has a mental health challenge or a friend or family member to join if they want to learn more about how to be well and stay well.

### What do we talk about in a WRAP group?

These are the topics in a WRAP group:

- Key Concepts of Recovery
- Daily Plan
- Stressors
- Early Warning Signs
- When Things Are Breaking Down
- Crisis Plan
- Post-crisis plan

## Types of WRAP Groups

### In Person and Online WRAP Groups

- 4-6 sessions
- 2-3 hours each

### Phone\Online Follow-up to WRAP Groups

- 1 session
- 2 hours each

### Phone\Online Introduction to WRAP Groups

- 2 sessions
- 2.5 hours each

How do I register for WRAP groups?

#### 1. Go to our website:

[WWW.PEERSUPPORTCSC.COM](http://WWW.PEERSUPPORTCSC.COM)

#### Where we will also have information about:

- Peer Support
- Recovery resources
- All groups available
- Online registration

#### 2. Call: 1-800-211-0585 and leave your name and contact information

#### 3. Email: [wrapinfo@communitascare.com](mailto:wrapinfo@communitascare.com)

#### 4. Go to your local clubhouse and leave your name and contact information