

**WRAP** ®

(Wellness Recovery Action Plan)

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# What Is WRAP?

- WRAP®, is an evidence-based system that is used world-wide by people who are dealing with mental health and other kinds of health challenges, and by people who want to attain the highest possible level of wellness. It was developed by a group of people who have a lived experience of mental health difficulties; people who were searching for ways to resolve issues that had been troubling them for a long time.

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# Sounds cool... who can use it/what's it for?

- WRAP ® is Universal & Adaptable
- It is for anyone, any time, and for any of life's challenges
- Examples: For mental health challenges, stress management, unemployment, diabetes management, smoking cessation, burnout, transitioning to independent living, relapse prevention, improving health, etc...

# WRAP ® Don't Forget...

- Must abide by Recovery Values & Ethics
- Must be an individual's own plan
- Completely Voluntary
- Can include whatever supports a person wants
- If you are going to teach WRAP® - You should do your own plan first

# For more information

- [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)
- [www.copelandcenter.com](http://www.copelandcenter.com)
- [www.wraparoundtheworld.com](http://www.wraparoundtheworld.com)
- For a training in your area or for answers to questions about WRAP contact:
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