

Wellness

Recovery

Action

Plan

My Workbook



Name _____

The **WRAP**

will help you



- **to keep a daily check on how you are feeling emotionally.**



- **how to keep emotionally well.**



- **The Action Plan will help you to know what to do if you start to feel upset.**



REMEMBER:
you can ask
someone
you trust to
help you fill
it in.



when I feel emotionally
well I am:



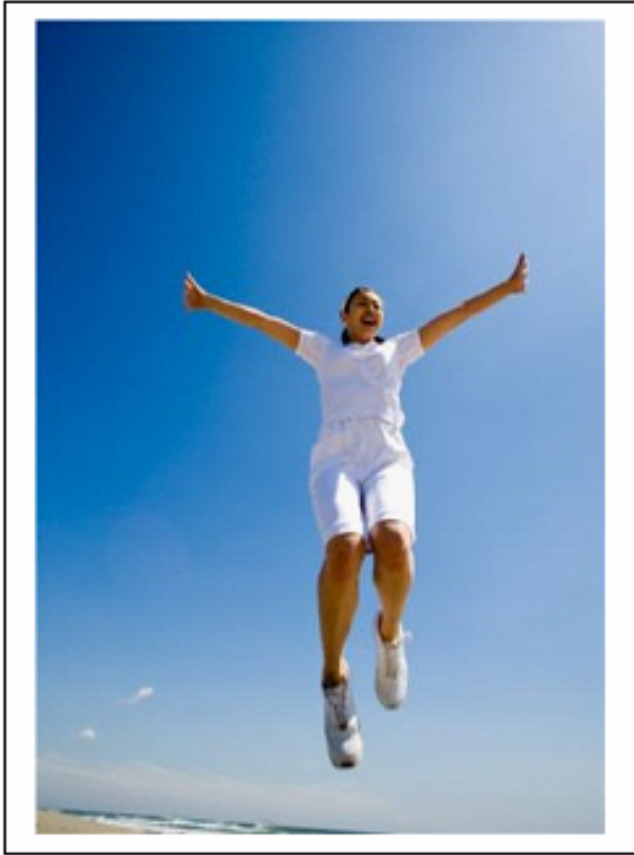
what I need to do
to keep well



what things make
me feel upset?



how to stop myself
feeling emotionally upset?



Action

Plan

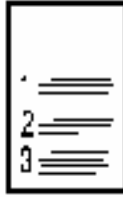
for me and people who support me



what I may feel and
how I behave when I
am emotionally ill



what can I do to
get better?



Helpful Contact List



People I do NOT want to
know about my health