

**Details of upcoming WRAP® programme:**

Contact us on below details for more information

Please note that you have to be available to attend all sessions

**To find out more or to register for this WRAP® programme, contact:**

- Email:  
Waterfordwrapnetwork@hse.ie
- Telephone:  
Lorraine Byrne  
086-0473237 (Mon- Fri, 9am-5pm)

“WRAP® isn’t about specific illness or symptoms – it is accessible for anyone who wants to improve their wellbeing” \*

**Sources of further information:**

The Copeland Centre monitors and promotes the use of WRAP® internationally.

Web: [www.copelandcenter.com](http://www.copelandcenter.com)

Mary Ellen Copeland is the founder of WRAP®, an author, an educator, and a mental health recovery advocate.

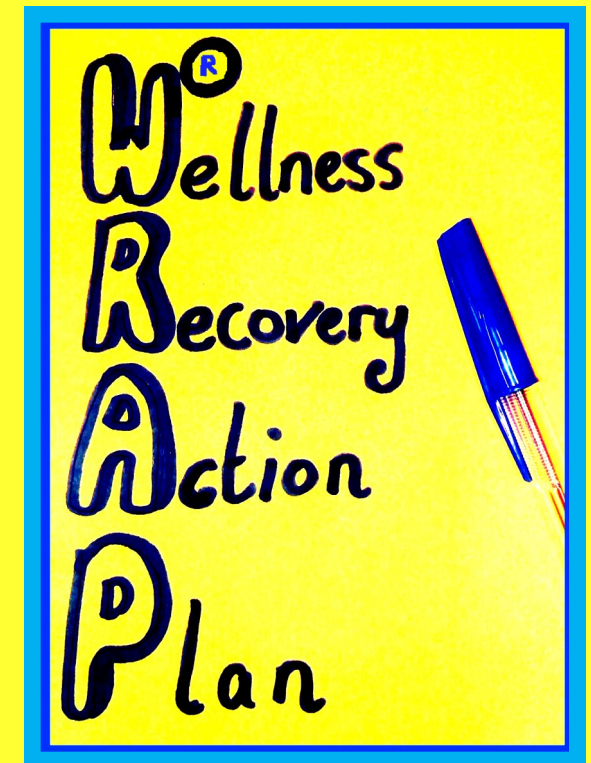
Web: [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)



# WRAP®

A tool to help YOU take care of YOU!

WRAP® helps you better manage your mental health and wellbeing



**WATERFORD WRAP NETWORK**

## What is WRAP®?

WRAP® stands for Wellness Recovery Action Plan. It is a **self-management tool** that can help individuals take more control over their own well-being and recovery. Your WRAP® is designed by you, as it is recognised that people are the experts on themselves.

A WRAP® is a guide that we can refer to daily, especially in times of difficulty. It is a tool for learning more about ourselves and the things that help us recover and stay well.

"WRAP helped me to identify actions I could take to improve my wellness on a daily basis"\*

"I really appreciated the non-judgemental approach of the course. The emphasis of the programme was on helping me to get better with a plan to maintain wellness in the future"\*

"I enjoyed the focus on HOPE—fostering optimism about the future and having hope in recovery" \*

## WRAP® helps us do this by:

Encouraging us to think about our daily routine and the things we need to do to keep ourselves well.

Helping us recognise things and situations that can add pressure and helping us plan for what to do when these events happen.

Helping us identify new approaches and responses we may find useful in a range of challenging situations in our lives.

## Who is WRAP® for?

WRAP® was originally developed by and for people who have experience of mental health challenges.

However, it can be helpful to anyone with an interest in better planning and managing their mental health and wellbeing – even if they have never experienced significant mental issues.



## Some principles and values underlying WRAP®:

**You are the only person who can choose to create your WRAP®.** It is extremely helpful to have people you trust to support you as you work on your plan. You choose who assists and supports you, whether it's family, friends, or health care providers.

**Learning about and developing your WRAP® is best done in a group setting with a trained facilitator.** A group approach allows for discussion between participants as people share their experiences. Trained facilitators know how to create a safe and comfortable learning environment.

**There is unconditional acceptance of each person as they are** – unique and special individuals, including acceptance of diversity.

**The programme emphasises strategies that are simple and safe for anyone,** and it stays away from strategies that may have harmful effects.

\*Feedback from course participants