

# WELLNESS RECOVERY ACTION PLAN: WRAP®

## What is WRAP®?

- WRAP® involves the development of a personal system to self-manage your own wellness and to plan in advance for situations and events which may challenge your wellness
- Please see information leaflet for more information
- The Wellness Recovery Action Plan (WRAP®) programme is currently being developed across County Waterford by the **Waterford WRAP® Network** - a collaboration between the mental health service and Mental Health Ireland and the general public
- If you are interested in finding out more or to apply for an upcoming programme please contact us at:
  - ◇ [waterfordWRAPnetwork@hse.ie](mailto:waterfordWRAPnetwork@hse.ie)
  - ◇ 086 0473237 (Lorraine)
- ☞ You will be invited to attend a short pre-workshop meeting before being offered a place on a workshop



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

## Spring 2019 Programmes:

### ☞ Waterford City:

March 11th & 12th, 2019

10am to 4.30pm

Johns College, The Folly  
(the Library room)

### ☞ Dungarvan:

March 11th & 13th, 2019

10am to 4.30pm

Park Hotel & Leisure Centre  
(the Moresby room)

### ☞ Tramore:

April, 2019

Dates and location to be  
confirmed

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

