

Mental health recovery is possible and achievable

Living, coping with, and recovering from a mental illness is a difficult process. We can feel very alone and misunderstood.

It is often inspirational to know that others have walked a similar path to the one that we are on, and are now doing well.

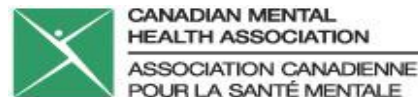
It can help in our personal recovery to have someone to talk to and spend time with, someone who has experienced their own life challenges.

This is why WRAP classes are facilitated by people who are using their own Wellness Recovery Action Plans in their own lives.

For more information about WRAP classes in your community contact:

Your mental health case manager or Peer Support liaison at your mental health centre or the clubhouse in your community

You can also check out Mary Ellen Copeland's website
www.mentalhealthrecovery.com



WRAP: Wellness Recovery Action Plan



WRAP is a wellness program for people with mental illness



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Wellness Recovery Action Plan

WRAP is a recovery and crisis prevention plan that you create for yourself. It is as unique as you are.

WRAP is a tool for learning how to take charge of your own health and wellness. You will learn ways to cope with your illness on a daily basis.

You learn to create your own Wellness Recovery Action Plan in a WRAP class. Classes meet for 6-8 sessions.

Classes are facilitated by people who have a mental illness and are well on the road to recovery and/or people who have faced their own life challenges and are using WRAP in their own lives. They have been trained to be able to assist you in creating your plan.

WRAP classes are voluntary and open to anyone in Fraser Health who has a mental illness and is interested in learning more about how to recover and stay well.

WRAP was developed by Mary Ellen Copeland, a mental illness survivor and advocate.

5 Key Concepts of Recovery:

~ Hope ~

If you are experiencing psychiatric symptoms, there is hope that you can get well and stay well for long periods of time. You can achieve your goals.

~ Personal Responsibility ~

You are the expert for yourself. It is up to you to take personal responsibility for your own wellness. When you take on this responsibility, you can achieve the highest levels of wellness, happiness and life satisfaction.

~ Education ~

Learn everything you can about yourself and your illness, so that you can know how to make the best decisions about your life.

~ Self-Advocacy ~

You can become an effective advocate for yourself by becoming self-aware, believing in yourself, setting personal goals and working towards meeting them.

~ Support ~

This is an essential element on the road to recovery. Support can come from family, friends and health care professionals.

WRAP Classes

WRAP classes will help you learn how to integrate the five key concepts of recovery into your life.

The topics we cover in the 6 – 8 session series are:

Five Key Concepts of Recovery
Creating a Daily Maintenance Plan
Identifying My Triggers
Early Warning Signs
When Things Are Breaking Down
Creating a Crisis Plan

You will create your own recovery and crisis plan - designed for you, by you.

You are the only person who can really make change happen in your life!

Developing your personal WRAP will give you tools for the wonderful challenge of making your life all it can be!

