"Sections 1 & 2 helped us!"

"I required up to 3"

"All 4 were right for me!"

"I needed all 5 sections!"
Introduction to WRAP

Wellness Recovery Action Plans were first developed by Mary Ellen Copeland as part of her own recovery from mental illness. A WRAP plan allows a person to make choices and discover what works best for them as an individual. It aims to help them to avoid relapses and improve their quality of life. (More of Mary Ellen’s valuable teaching on recovery and WRAP can be found on the website: www.mentalhealthrecovery.com Please note that the website has some commercial content which we are not formally endorsing. However, there is free content available on the site to assist with the use of WRAP)

This WRAP plan has been developed for use in Stoke-on-Trent and North Staffordshire. It has been designed by people who have experienced mental health problems, working alongside local services.

This plan belongs to you and is yours to keep. It is designed to work alongside any treatment, care plan or other help and support that you may receive. You can fill the plan in by yourself or ask someone to help you. You may wish to show your plan to those who support you, or are involved in your care.

There are 5 sections to the WRAP plan. At the beginning of each section there are guidelines to help you fill it in. Work on your plan a little at a time as it may take several weeks or months to complete. It will be helpful for you to review your WRAP plan from time to time and adjust the things that you find work best for you.
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<td>Resource Centre</td>
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SECTION ONE
Things That Keep Me Well
Ideas to help you to fill in this section

1. **Feeling Well** (page 8-9)
   On this page, describe yourself when you are feeling well. Remember to include your particular strengths and abilities.
   List qualities such as-
   - Bright
   - Quiet
   - Caring
   - Talkative
   - Reasonable
   - Good at art
   - Argumentative
   - Bubbly
   - Good general knowledge

   This list will be useful to remind people how you usually are when you are feeling unwell.

2. **Daily List** (page 10-11)
   On this page, make a list of things that you need to do every day to keep you well, for example-
   - Eat 3 healthy meals per day
   - Take medication as prescribed
   - Watch favourite TV programme
   - Read a chapter of a book
   - Take a 20 minute walk

   You may find that this will be useful when you are unwell as it will remind you of what you need to do each day.

3. **Weekly Plan** (page 12)
   On this page, you may like to include the activities that you are involved in weekly such as clubs or social groups that you attend.

4. **Reminder List** (page 13-14)
   On this page, make a list to remind you of things that you need to do on a regular basis to help to keep you well. For example-
   - Do some housework
   - Go shopping for food
   - Attend a support group
   - Meet with my support worker
   - Attend a place of worship
   - Engage in some form of exercise
5. Appointments  (page 15-16)
Use this page to make a note of your forthcoming appointments. Write the time, where the appointment is, who it is with and what the appointment is for. They could be appointments with your GP or Practice Nurse, for an x-ray or blood test, or with your CPN or support worker.

6. Questions I would like to ask  (page 17)
Questions that you think of whilst at home are often forgotten when you actually at an appointment. Use this page to make a note of your questions or queries and then take them with you to your next appointment.

7. Budgeting my finances  (page 18-19)
You may find it helpful to keep a record of the money you have coming in and going out each week, fortnight or month. Income. This could be from your employment, incapacity benefit, income support or Disability Living Allowance. Outgoings. This could include such things as rent or mortgage payments; gas, electricity and telephone bills, money spent on food etc.

8. Goals that I would like to work towards  (page 20-21)
On this page, make a list of goals or ambitions that you would like to work towards, or things that will improve your life. These may be things that are achieved fairly easily, or may take several years to achieve. For example-
Go out for coffee with a friend
Complete a computer course at college
Move house

9. Goals that I have achieved  (page 22-23)
On this page, make a note of the goals that you have achieved. Remember to congratulate yourself! Well done.

10. Recovery – Moving Forwards
Guidelines (page 24)  Moving on in my life (page 25)
Describe yourself when you are feeling well
Things that I need to do every day to keep me well
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</tbody>
</table>
Reminder of things I need to do regularly to keep me well
My Appointments
Questions I would like to ask
Budgeting my finances

Income
Budgeting my finances

Outgoings
Goals that I would like to work towards
Goals that I have achieved!
Moving Forwards – moving on in my life

Wellness Recovery Action Planning helps us to grow and develop. We learn from our experiences, discover new strategies for coping and gain insight into ourselves as individuals. We find that we are capable of doing things that we never thought possible. We open ourselves up to new ways of living and then discover even more that we can achieve. The way ahead becomes a possibility to create new plans and to realise our dreams.
Moving On
SECTION TWO

Things That I Find Stressful

Be aware of what stresses me!

I need to manage my stress.

Things I can do if I get stressed...

TOP 10 De-Stressers
Things that I find stressful

This section of the plan is to help you to become more aware of the things that stress you. You can then develop a plan to manage the stress or reduce it so that it does not continue and cause you to become unwell.

1. What stresses me? Page 28-29
On this page, write a list of things that stress you.
For example-
Anniversaries of significant events
Frightening news events
When I have too much to do
Difficulties in a relationship
When someone criticises me
Not having enough money to pay the bills
If I put on a lot of weight

2. Things that I can do if I get stressed. Page 30-31
On this page, write a list of things that you find helpful when you become stressed.
For example-
Talk to my friend about what is stressing me
Do a relaxation exercise to my tape
Pray or meditate
Go for a brisk walk
Have a relaxing bath
Write a list of things I need to do

As you become more aware of things that stress you and things that help when you are stressed, add them to your lists. Cross out those that you find do not help you.
What stresses me?
Things that I can do if I become stressed
SECTION THREE

Early Warning Signs
Early Warning Signs

It is helpful to begin to note subtle signs, such as feelings or behaviours, which can occur when you become overstressed. You can then develop a plan for responding to these signs, to prevent you from becoming unwell.

1. My early warning signs - Page 34-35
On this page, make a list of signs that you have noticed happen before you become unwell. You may like to ask your family or a friend if they notice any particular early warning signs.
You may wish to include things such as-
Nervousness
Difficulty in concentrating
Becoming irritable or quick-tempered
Having difficulty in sleeping
Feeling negative
Things seem to be speeding up

2. What I need to do if these signs appear - Page 36-37
Make a list of things that you find helpful at this stage, such as-
Do the things on my daily list, even if I don’t feel like it
Talk to someone I trust about how I feel
Spend a couple of hours doing something I enjoy
Do a relaxation exercise

Review this section regularly. Add things you find do help and change what does not seem to help.

It may be good at this stage to remind yourself of how far you have come. Encourage yourself about the things that you can do.
My Early Warning Signs
What I need to do when early warning signs appear
SECTION FOUR
Becoming Unwell

I'm not feeling too well!

I need to do something about it!

I'm finding it difficult to cope!
Becoming Unwell

Despite your best efforts, there may be times when you feel that you are getting worse and are unable to cope. However, there are still some things that you can do to help yourself.

1. Recognising when I become unwell. - Page 40-41
   On this page, make a list of signs that show you are becoming unwell. Your list may include such things as:
   - Feeling very tearful
   - Being unable to sleep, or sleeping more
   - Not eating as much, or eating more
   - Preferring to be on my own
   - Smoking or drinking more

2. Things I need to do at this time - Page 42-43
   On this page, make a list of things that will help you to get through this difficult time. You may include things such as:
   - Ring my CPN and set a date to see her to review my treatment and support
   - Arrange for my partner to look after the children for 3-4 days so that I can have a break
   - Make sure I am doing the things on my daily list
   - Remind myself that I have recovered before
   - Make an appointment with my GP

   Also make a note of things that you know would help, but are unavailable at present. They may become available sometime in the future.

   Review this section of the plan regularly. If something does not work very well, develop a different plan for if you become unwell again.
Recognising when I am becoming unwell
Things I need to do at this time
SECTION FIVE

When More Support is Needed

I can develop a support plan!

How I'd like to be cared for.
When More Support is Needed

In spite of your best efforts and plans, you may find yourself getting worse. By developing a support plan, you can inform others of how you wish to be cared for in a crisis.

1. Recognising when I am in a crisis - Page 48-49
On this page, describe what you are like when you are in a crisis. Be specific, so that others will recognise that you are in a crisis and know that your plan needs to come into action. You may wish to include things such as-
- I am unable to settle or stay still
- I do not get out of bed for 3 days
- I am extremely distressed
- I think I am someone that I am not
- I talk of harming myself

2. Planning for my Care - Page 50-51
On this page, describe a plan that shows what sort of care you would prefer to receive. Consider what has been helpful or unhelpful in the past. You could perhaps include-
- Where you would like to be cared for, for example in a hospital, at a relative’s house, at home.
- Who you would like to take responsibility for any decisions that need to be made.
- Particular support that you may need, that will help you to get better more quickly.
- How you wish people to treat you at this time, e.g. encourage me, let me rest, talk to me, respect me.

Please remember that these are ‘preferences’ for your care and will only be considered if they are appropriate and available at that time.
3. Tasks that I would like to be done for me. - Page 52
On this page, make a list of tasks that would like to be done for you, along with any specific instructions. It will also be useful to know who can do these tasks for you. We suggest that you approach each person that you would like to be involved and then insert their name and contact details on this page. This will be helpful if you become unable to do these tasks for yourself, or if there is a possibility that you may be admitted to hospital. You may wish to include tasks such as-
Secure and make my house safe
Take care of my pets
Make arrangements for my children
Dispose of perishable food
Water my plants
Pay the bills
Cancel the papers

4. Medication - Page 53
On this page, it will be useful if you can provide information on-
Medication that you are taking at the moment, including the type and dose
Medication that you are allergic to
Any medications that you have taken in the past that worked well for you
Any medications that you have taken in the past that have caused unwanted or unpleasant side effects.

5. Support, Treatments and Therapies - Page 54
On this page, write down any support, treatment, therapy or courses that you are involved in at the moment.
For example, include-
Support groups and Counselling      Yoga
Complementary therapy               Social Activities
Make a note of the types of treatments, therapies or support that have helped you previously.

6. Recognising when I begin to recover - Page 55
On this page, make a list of signs that will show that you are beginning to recover from your crisis. For example, when-
I start to feel like talking
I begin to take care of my personal hygiene again
My appetite returns
I want to make my own cup of tea, rather than you make it for me.

It is important to review your crisis plan when you are feeling well and update it so that it will become more effective. Reflect on things that worked well, or what helped the most during a crisis and change anything that did not help.

7. Reviewing my WRAP plan Page 56- 57
This page provides you with the opportunity to review the overall plan, either by yourself or with a support worker. You may wish to set a review date to remind you to review the plan and monitor your progress.

8. Wellness Toolbox - Page 58-59
Make a note of your 12 favourite wellness tools

9. Telephone numbers and websites - Page 60
Sources of further help and support
Recognising when I am in a Crisis
Planning for my Care

I can develop a support plan!

How I’d like to be cared for.
Tasks that I would like to be done for me
Medication
Support, Treatments and Therapies
Recognising when I begin to Recover
Reviewing my WRAP plan
Wellness Toolbox
**Telephone Numbers & Websites**

**Staffordshire Mental Health Helpline  0808 800 2234**
Free confidential support, information and advice to people with mental health problems, their carers and families.

**Samaritans   01782 213555**
For those feeling despairing or suicidal and need to talk to someone in confidence

**Changes  01782 411433**
12 steps to mental health, mutual self-help groups
Self-referral for immediate support

**NHS Direct  0845 4647**
Healthcare advice and information available
24 hours a day, 7 days a week

**For information about local services**
In Stoke-on-Trent call 01782 234234
In Staffordshire call 0300 111 8000

**You might also find the following websites useful**
www.stokementalhealth.info
www.changes.org.uk
www.stoke.gov.uk
www.staffordshire.mentalhealth.info
www.staffordshire.gov.uk

Also, remember the list of ‘Significant People’ you made in the introductory section.