

# What we need to know

## Are you:

Willing and able to attend six 2 hour group workshop sessions on a weekly basis?

Hopeful that your life can change?

Ready to talk and learn from others?

To book a place ring on the contact number below or email [wrap@lancashirecare.nhs.uk](mailto:wrap@lancashirecare.nhs.uk) with your name and contact details.

## Preston Workshops:

01772 773600

## Chorley and South Ribble Workshops:

01257 278136

## Skelmersdale and Ormskirk Workshops:

01695 729222

[wrap@lancashirecare.nhs.uk](mailto:wrap@lancashirecare.nhs.uk)



Central Community Restart  
West Strand House, Block C West Strand  
Ashton-on-Ribble  
Preston, PR1 8UY  
01772 773600

## Other sources of information:

### The Wellbeing and Mental Health Helpline

This provides an information and listening service for people in Lancashire. It is available between 7:00pm and 11:00pm Mondays to Fridays and from 12:00 noon until 12:00 midnight on Saturdays and Sundays. **Freephone 0800 915 4640.**

### Hearing Feedback

If you wish to pay a compliment about the Trust's services, make a comment, raise a concern or complaint, please contact the Hearing Feedback Team on **01772 695315, freephone 0808 144 1010** or email **Hearing.Feedback@Lancashirecare.nhs.uk**.

**If you have problems reading the print we can provide this leaflet in large print, audio book or Braille.**

এই ডকুমেন্ট অনুরোধে বাংলায় পাওয়া যায়।

本文件可以應要求，製作成中文(繁體字)版本。

આ દસ્તાવેજ વિનંતી કરવાથી ગુજરાતીમાં મળી રહેશે.

ਇਹ ਦਸਤਾਵੇਜ਼ ਮੰਗਾ ਕੇ ਪੰਜਾਬੀ ਵਿਚ ਵੀ ਲਿਆ ਜਾ ਸਕਦਾ ਹੈ।

درخواست پر یہ دستاویز اردو میں بھی مل سکتی ہے۔

W przypadku jakichkolwiek problemów z odczytaniem tekstu z przyjaznością dostarczymy Państwu ulotkę z dużym drukiem, także do odfachu lub tekst w języku Braille.

Copies of this leaflet are available from:

**Lancashire Care NHS Foundation Trust, Sceptre Point,  
Sceptre Way, Walton Summit, Preston PR5 6AW**

Tel: **01772 695300**

Email: [communications@lancashirecare.nhs.uk](mailto:communications@lancashirecare.nhs.uk)

Website: [www.lancashirecare.nhs.uk](http://www.lancashirecare.nhs.uk)

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| January 2017   | January 2019 | LAN300        | WRAP Wellness Recovery Action Planning |



**Lancashire Care**  
NHS Foundation Trust



Supporting Health and Wellbeing

Children and Families Community Services Mental Health Secure Services Specialist Services

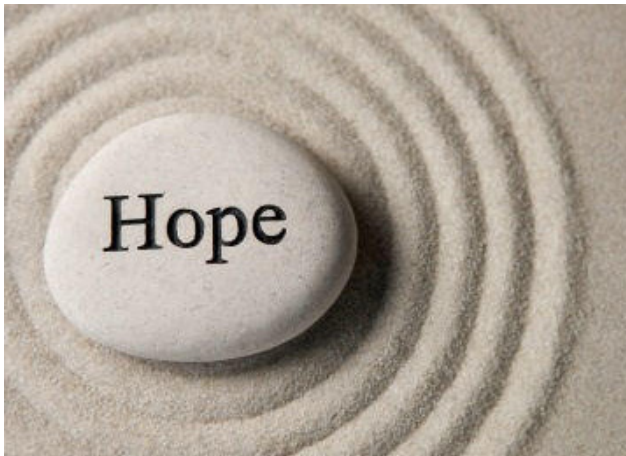
# What is WRAP?

The Wellness Recovery Action Plan (W.R.A.P) is a framework with which people who experience mental distress can develop an effective approach to overcoming symptoms and unhelpful behaviour patterns.

# WRAP

## WELLNESS RECOVERY ACTION PLANNING

Once completed the W.R.A.P becomes a practical support to your wellbeing and recovery journey. The W.R.A.P is designed to be an aid to learn about yourself. What helps and what doesn't, and how to get progressively more control over your life and experiences.



# Workshop structure

## Session 1: Wellbeing and mental health

- What is the difference between diagnoses and how we feel?
- What Recovery means and what it can look like.
- Setting our own goals and learning outcomes

## Session 2: My experiences of wellbeing

- What are we managing with
- Planning a strategy
- Living in the solution

## Session 3: Coping mechanisms

- Triggers and how to work through them
- Wellness toolbox
- Recovery journey goals

## Session 4: Early warning signs and crisis planning

- What to look out for in ourselves
- What to do to prevent a dip
- Making my voice heard when I am unwell

## Session 5: Social networks

- What support do I have
- What do I need those supporters to be like
- What is available in the community

## Session 6: Hope

- Inspirational stories
- Ideas and people to watch
- Opportunities to engage with the community more

# What WRAP participants have said

'The workshops have enabled me to put in place strategies to help overcome some of the difficulties I experience.'

'Helped me understand that my diagnosis is only one part of me. I am many things other than my diagnosis.'

'There are no magic bullets. Medication is important, but I have learned not to give all the credit to a chemical. The key to recovery starts with regaining a belief in yourself.'

'Made me more positive. Do I want to live with the problem or find ways to live in the solution?'

