

# 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?

Courses are delivered across East Lancashire. To book a place call the East Lancs Community Restart Service User Development Team on **01282 657273**.



## 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 Team

If you would like to share feedback on your experiences with us, please contact the Hearing Feedback Team on: **01772 695315**, **freephone: 0808 144 1010** or email: **hearing.feedback@lancashirecare.nhs.uk**

### Contacts and social media:

- ☎ **01772 695300**
- ✉ **communications@lancashirecare.nhs.uk**
- 🌐 **www.lancashirecare.nhs.uk**
- 📘 **facebook.com/lancashirecare**
- 🐦 **@LancashireCare**
- 📺 **youtube.com/LancashireCare**

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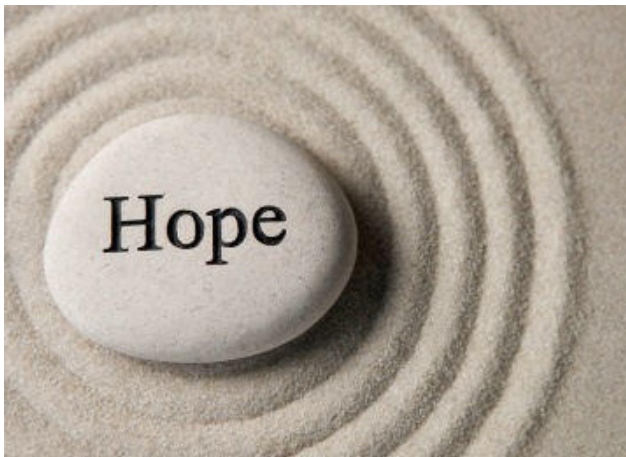
## What is WRAP?

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 include

### 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

### My experiences of wellbeing

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

### Coping mechanisms

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

### 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

### Social networks

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

### 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.'

'The workshops have helped me understand myself more. I would recommend them.'

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

