



Durham Wellness City  
401 E. Lakewood Ave.,  
Suite E 1-A  
Durham, NC 27707  
919.687.4041

*A community of adults embarking on or expanding their journey of recovery from significant mental health and/or substance use challenges.*

# Free WRAP Classes

## Wellness Recovery Action Planning

Learn how to manage your recovery from mental health struggles, substance abuse or other life challenges and maintain your wellness.

### WRAP is 8 Sessions

Daytime: Mondays, 1-3 p.m. starts 7/29/2013

- or -

Evening: Thursdays, 5-7 p.m. starts 7/25/13

Durham Wellness City - 401 E. Lakewood Ave

*Heritage Square Shopping Center*

*near the intersection of Fayetteville St. & Lakewood Ave.*

**Accessible by DATA Bus Route # 5**

**For more information, please call (919) 687-4041  
or stop by Durham Wellness City  
Mon-Fri, 10 a.m. - 5 pm and Sat 1-5 pm**

WRAP Classes at Wellness City are designed for adults 18 and over.



# What is WRAP?

**WRAP** stands for **Wellness Recovery Action Plan™**

**WRAP** is a structured plan developed by YOU. It is a system that you devise for yourself that helps you work through mental health challenges or life issues. It is adaptable to any situation. Through careful observation, you identify those things you do to help yourself feel better when you are not feeling well, and those things you do to stay well and enjoy your life (Wellness Tools), and then use these wellness tools to develop personal action plans. People all over the world who are working on their recovery and wellness successfully use this planning process.

**WRAP is universal** — it is for anyone, any time, for any of life's challenges.

**WRAP works!** It has been developed by a group of people who experience mental health challenges. These people learned that they can identify what makes them well and then use their own wellness tools to relieve difficult feelings and maintain wellness. The result has been recovery and long-term stability. Your WRAP program is designed by you in practical, day-to-day terms and holds the key to getting and staying well. It does not necessarily replace traditional treatments and can be used as a compliment to any other treatment options you have chosen.

People who are using WRAP say:

- “It helps me feel prepared.”
- “I feel better more often and I’m able to improve the overall quality of my life.”

**WRAP** consists of five parts. Here is an overview:

<b>Wellness Toolbox</b>				
<b>Daily Maintenance</b>	<b>Triggers (external)</b>	<b>Early Warning Signs (internal)</b>	<b>Breaking Down</b>	<b>Crisis Planning</b>
<ul style="list-style-type: none"> <li>•How am I when I’m well</li> <li>•Action plan to keep myself well</li> <li>•Extra things I might need to do</li> </ul>	<ul style="list-style-type: none"> <li>•What are they?</li> <li>•Action plan to reduce effect of triggers</li> <li>•In addition, I could.....</li> </ul>	<ul style="list-style-type: none"> <li>•What are they?</li> <li>•Action plan to reduce psychiatric expressions</li> <li>•In addition, I could...</li> </ul>	<ul style="list-style-type: none"> <li>•What does this look like?</li> <li>•Action plan to stay safe</li> <li>•In addition, I could....</li> </ul>	<ul style="list-style-type: none"> <li>•How am I when I am well?</li> <li>•Psychiatric expressions</li> <li>•Supporters</li> <li>•Medications</li> <li>•Treatments</li> </ul>