



# Wellbeing Recovery Action Plan (WRAP)

*A personal plan for staying well, recognising changes, and getting support.*

**How to use this plan:** Complete one section at a time. Use your own words. Update it as you learn what supports you best.

## 1. What is a WRAP?

A WRAP is a personalised wellness and recovery plan that you create for yourself. It reflects your own experiences, strengths, and preferences.

It helps you identify what supports your wellbeing, what can make things harder, and what actions you can take early to maintain your mental health and wellbeing.

## 2. Getting Started

Your WRAP is unique to you. Use your own words, and focus on what has helped (or not helped) in the past.

You can complete this plan on your own, or with support from family, friends, a peer worker, your GP, a psychologist, a psychiatrist, or another healthcare professional.

**Tip:** Start small. You can fill in one section at a time, and come back to update it as you learn what works best for you.



## 3. Daily Maintenance Plan

This section captures what “well” looks like for you, and the everyday actions that help you stay steady.

**What I’m like when I’m feeling well:**

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**What I need to do every day to maintain my wellness:**

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Daily wellness can include practical, community-based activities such as calling a friend for a chat, going to a local group, or walking the dog at the local park.

**Non-negotiable basics:** hydration, nutrition, and sleep hygiene (for example: regular meals, enough water, a consistent bedtime, and reducing screens before sleep).



## 4. Identifying Triggers

Triggers are usually **external events or situations** that can upset your wellbeing (for example: conflict, financial stress, anniversaries, workload changes, alcohol/drug exposure, or unsafe environments).

**Things that might upset my wellness (triggers):**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

\_\_\_\_\_

**What I can do if I notice these triggers:**

Write the **first immediate preventative action** you will take to reduce escalation (for example: contact my GP for a check-in, move to a designated safe space, call a trusted person, use a grounding exercise, or change plans to reduce stress).

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Safety note:** If a trigger involves immediate risk (for example domestic violence, immediate harm, or substance use relapse risk), contact emergency services or specialised crisis support. Do not rely on the WRAP alone in urgent situations.



## 5. Early Warning Signs

Early warning signs are usually **internal feelings, thoughts, or behaviours** that suggest you may be starting to become unwell. It helps to use observable, measurable examples (for example: snapping at family members more easily, cancelling plans, sleeping much less, or difficulty focusing on simple tasks at work).

**Signs that I might be becoming unwell:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Action plan for early warning signs:**

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## 6. When Things Are Breaking Down

Use this section if early warning signs have intensified to the point where daily tasks cannot be managed (for example: not getting to work/study, not eating regularly, missing important appointments, or withdrawing from supports). This is not about self-diagnosis—just noticing changes and planning supports.

**Signs that things are getting worse:**

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**What others can do to help:**

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**What is not helpful:**

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  - ---
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## 7. Crisis Planning

This section is for times when you may not be able to keep yourself safe or make decisions in the usual way. Include clear, practical instructions that supporters and clinicians can follow.

**In an emergency:** Call **000**. If you or someone else is in immediate danger, seek urgent help straight away.

### Signs that I'm in crisis:

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### What I want others to do:

Include roles and preferences for designated supporters, such as:

- Who I want involved (names + relationship): \_\_\_\_\_
- Who I do **not** want involved: \_\_\_\_\_
- What helps me feel safe (environment, communication, routines): \_\_\_\_\_
- Medications I consent to taking if I am unable to decide: \_\_\_\_\_

What I do not consent to (if known): \_\_\_\_\_



| Healthcare providers to contact | Emergency contacts     |
|---------------------------------|------------------------|
| Name:<br>_____                  | Name:<br>_____         |
| Service/Role:<br>_____          | Relationship:<br>_____ |
| Phone:<br>_____                 | Phone:<br>_____        |
| After hours:<br>_____           | Alternate:<br>_____    |

**Medications I’m currently taking:**

Medication: \_\_\_\_\_ Dose: \_\_\_\_\_ When: \_\_\_\_\_

Medication: \_\_\_\_\_ Dose: \_\_\_\_\_ When: \_\_\_\_\_

Medication: \_\_\_\_\_ Dose: \_\_\_\_\_ When: \_\_\_\_\_

The WRAP is **not legally binding** in the same way as a formal Advance Care Directive, but it can provide clear guidance to clinicians and family about what you prefer when unwell.

For information on formal planning documents in NSW (including Advance Care Directives), see NSW Health resources: Advance care planning (NSW Health).

In NSW, treatment may be provided on a voluntary or (in some situations) involuntary basis under the *Mental Health Act*. If this happens, your WRAP can still help communicate what supports you and what you prefer wherever possible.



## 8. Post-Crisis Planning

This section supports recovery after a crisis. Focus on gradual reintegration, rest, and practical steps to return to daily life at a manageable pace.

**What I need when the crisis is over:**

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Include time to debrief and reflect on what worked and what did not during the crisis. Plan to review and update this WRAP with a support person or clinician within **72 hours** of stabilisation (or as soon as possible after).

## 9. Important Reminders

- **Review and update** the WRAP regularly
- **Share relevant parts** with trusted family, friends, and healthcare providers
- **Keep copies** in accessible places (phone, wallet, fridge, with a support person)

| If urgent                 | Crisis support (NSW)                                                                                                        |
|---------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| In an emergency, call 000 | For mental health crisis support, contact<br><b>Lifeline 13 11 14</b> (24/7)<br><b>NSW Mental Health Line: 1800 011 511</b> |



## 10. Getting Support

If you would like help creating your WRAP, or support accessing mental health services in NSW, you can start by speaking with your GP.

You can also find local services and information through the NSW Health website: NSW Health – Mental Health.

**Optional next step:** Choose one person you trust to share the most relevant parts of this plan with, so they can support you early if you start to notice changes.