



BCSS VICTORIA- PEER SUPPORT provides:

WELLNESS RECOVERY ACTION PLAN “WRAP®”

Offered by trained peers 1:1 or group

An evidenced based self-management and recovery system developed by a group of people who had mental health difficulties and who were struggling to incorporate wellness tools and strategies into their lives. WRAP is designed to:

- Decrease and prevent intrusive or troubling feelings and behaviors
- Increase personal empowerment
- Improve quality of life
- Assist people in achieving their own life goals and dreams
- Increase wellness for workplace or education

WRAP is a structured system to monitor uncomfortable and distressing feelings and behaviors and, through planned responses, reducing, modifying, or eliminating them. It also includes plans for responses from others when you cannot make decisions, take care of yourself, or keep yourself safe. The person who experiences symptoms is the one who develops their personal WRAP. The person may choose to have supporters and health care professionals help them create their WRAP.

WRAP is for:

Anyone who wants to create positive change in the way they feel, or increase their enjoyment in life. Always welcome by self referral!

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.”

“Just knowing I have a plan, relieves my stress!:

“I use mine to maintain my wellness at work”

“My supports ask me if I’ve looked at my WRAP when I am struggling, It helps.”



Call 250-384-4225 or email: admin.bcass@shaw.ca

For info visit www.bcassvictoria.ca