

# How Wellness Recovery Action Planning can be effective in suicide prevention

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The simple proposal of this presentation is this:  
As a proven, evidence-based toolkit and system for maintaining one's wellbeing, and taking action when that wellbeing is at risk, W.R.A.P. is a method of suicide prevention that is available to everyone.

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W.R.A.P. consists of several stages:

1. Wellness tool box: This is the central part, and comprises absolutely anything that helps, or could help us to maintain our wellbeing. Each person's toolbox is unique to them.

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2. Daily maintenance plan. This consists of three parts:

1. A description of us when we are well.
2. The tools one must use every day to stay well.
3. The things one might need to do.

Stage 3 involves identifying the events that experience tells us we are more likely to lead to us feeling worse. Then the Wellness Toolbox comes in.

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- Stage 3 is about identifying the early warning signs that tell us that our health is threatened. For many of us, this might be difficulty in sleeping.
- Stage 4 is when our health continues to break down. This might be increasing irritability. We become more focussed on the aspects of the Toolbox, that are specifically useful.

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- Crisis Plan

This could be a key part in suicide prevention. It specifies the signs that let others know they need to take over responsibility for your care and decision making.

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- Post Crisis Plan:
- This stage looks at what to do immediately following a crisis to re-establish healthy day-to-day life.
- A key part of this, is looking back on and learning from your crisis, making adjustments to the W.R.A.P. plan.

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This has been a very brief overview of W.R.A.P., and how it can potentially halt, and turn around, the descent into distress that can end in someone taking their own lives.

The time allowed has necessitated skipping over more detail of how this system can work effectively.



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Thank you for your time