

# Wellness Recovery Action Plan (WRAP)

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) CHICAGO

[namichicago.org](http://namichicago.org)

## What is WRAP?

The Wellness Recovery Action Plan program is a peer-led education program for people living with mental illness. WRAP is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be.

Want to discover new ways to stay healthy and well? Attend the free WRAP class and design a wellness toolbox and wellness plan to help you reach your full potential in recovery!

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To find out when and where the next WRAP course is being offered, please contact Kadijat Alaka at (312) 563-0445 or [kadijat@namichicago.org](mailto:kadijat@namichicago.org)

## The free WRAP course covers the following topics:

- Principles of wellness
- Learning ways to stay well with your mental illness
- Understanding triggers
- Recognizing when things start to break down
- Creating a crisis plan
- Developing a wellness toolbox
- Peer support
- Ways to enhance your life

*"When the group developed WRAP, I was so impressed that I went home and wrote one (a WRAP plan) for myself. As I began to live WRAP, my life changed dramatically. Over time I felt better and better and better. WRAP is a way of life for me – a great life."*

Mary Ellen Copeland, PhD



## Unable to attend this eight week WRAP course?

Please consider attending our Social Support Groups. They are free to attend.

### Group 1

**When:** 1st and 3rd Wednesday of every month, from 1:00-2:30 pm.

**Where:** NAMI Chicago-1801 W. Warner Ave, Chicago, IL 60613

### Group 2

**When:** 1st and 3rd Thursday of every month from 2:00-3:30 pm.

**Where:** Mercy Hospital - 2525 Michigan Avenue, Chicago, IL 60616

For more information, contact:

Kadijat Alaka

Recovery Manager

[kadijat@namichicago.org](mailto:kadijat@namichicago.org)



1801 West Warner, Suite 202  
Chicago, IL 60613  
312.563.0445

