



Discover simple and effective tools to create and maintain wellness

Live in possibility



WRAP is a powerful process that will help you find balance and comfort in your life.

With the Wellness Recovery Action Plan, you can:

- Develop a daily plan to stay on track with your life and wellness goals
- Identify what throws you off track and develop a plan to keep moving forward
- Gain support and stay in control even while juggling life's challenges

“WRAP helped me realize what good mental health is and how to manage life’s ups and downs.”

- WRAP Participant



Juniper is a statewide network grounded in your local community to help you live well, get fit, and prevent falls.

yourjuniper.org | Toll Free 1.855.215.2174



Are you coping with health issues such as arthritis, diabetes, depression or substance use disorder? Are you recovering from trauma or have challenging interpersonal relationships? WRAP is for you.

Five key concepts are at the core of WRAP

- **Hope.** The belief that we can get well, stay well and go on to fulfill our dreams and goals.
- **Personal responsibility.** It's up to each of us to take action and do what needs to be done to stay well.
- **Education.** Learning all we can about what we are experiencing helps us make good decisions about all parts of our lives.
- **Self-advocacy.** Reaching out to others and expressing our needs helps us get what we need, want and deserve to support our wellness and recovery.
- **Support.** Receiving support from others, and giving support, will help us feel better and enhance our quality of life.

WRAP classes are in-person or online and meet two times a week for eight weeks or once a week for 16 weeks. [Learn more about WRAP.](#)