**Wellness Action Plan (WAP**) Inspired by Mary Ellen Copeland’s Wellness Recovery Action Plan (WRAP®)

Your mental wellbeing is extremely important. What support do you need to stay mentally healthy whilst supporting someone? These six questions are designed to act as a framework to help you & the people who support you best understand your needs as a supporter.

**1. What helps you stay mentally 2. What situations or mental health**

**healthy in a supporting environment? Issues related to the person you support**

**could upset or be a trigger for you?**

**3. What positive steps or support could be 4. What support might you need and who**

**put in place to minimise your triggers or the from to support your wellbeing whilst**

**negative impact on you, as a supporter? supporting someone?**

**5. Are there any early warning signs that others 6. How might stress / poor mental health**

**might notice when you are starting to feel impact on your ability to be a supporter?**

**stressed or mentally unwell?**