

Emotional Wellness

A self-management workshop to help you get support, tips, and advice from people who are also working toward emotional well-being.

If you're struggling with a mental health challenge, such as depression or anxiety, you're not alone.

More than 80% of American adults are living with mental health that's not as good as it could be. And it's important to get help, because good mental health is key to your overall health. Our Wellness Recovery Action Plan (or WRAP®) can help give you the support, tips, and advice you need from people who are also working toward emotional well-being.

The Workshop

Wellness Recovery Action Plan (WRAP®)

WHAT THE PROGRAM OFFERS

A self-designed prevention and wellness workshop that anyone can use to get well, stay well, and make life the way you want it to be.

The program is designed to help you:

- Keep track of troubling feelings and behaviors—so you can plan responses to reduce, change, or prevent them
- Feel more in control of your feelings and your life
- Enjoy a better quality of life
- Achieve your life goals and dreams

This workshop can also help supporters or caregivers learn how to respond when a person

who is struggling cannot make decisions, take care of themselves, or keep themselves safe.

WRAP® was developed by a group of people who had mental health challenges. Workshop leaders are people who have already developed their own WRAP® and who have received special training in order to help others help themselves.

TIMING

The WRAP® workshop is a 24-hour-long program, offered over several weeks.

WHO IT'S FOR

People who are struggling with mental health challenges, and caregivers for these people.

FOR INFORMATION...

For information on the **Emotional Wellness Program**, contact:

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