

WELLNESS RECOVERY Action Plan (W.R.A.P.)

The Wellness Recovery Action Plan (W.R.A.P.) is an evidence-based, self-management program designed to support mental health and overall well-being. This course empowers participants to manage their well-being through practical tools and structured action plans. Developed by individuals with lived experience of mental health challenges, WRAP has become a widely adopted framework across healthcare and community settings worldwide.

Through this course, learners will gain the skills to reduce and prevent distressing emotions and behaviours, make informed and empowering life choices, and enhance their overall quality of life. By the end of the training, learners will be equipped to apply WRAP principles both personally and professionally supporting not only their own wellness but also contributing positively to the lives of those they work with.

**Scan the QR
Code to Register**



Dates:

27-28 August 2026

Time:

9:00AM - 6:00PM

Venue:

Anglican Care Centre (Simei)
10 Simei Street 3, Singapore 529897

Who should attend?

Doctors, allied health professionals, registered nurses, advanced practice nurses, enrolled nurses, psychosocial staff or anyone interested

Course Fee

\$450.00 (excluding GST)

Prevailing course fee subsidies: 90% for Singaporeans / PRs and 45% for foreign staff employed by eligible community care organizations.

Course Objectives:

The learner will be able to:

1. Identify at least one Foundational Principle of Recovery to help oneself in one's recovery journey.
2. Build and make use of the wellness toolbox.
3. Build and use of a daily maintenance plan.
4. Identify stressors in life.
5. Respond appropriately to stressors.
6. Understand how to detect early warning signs in the recovery journey.
7. Develop a personal action plan for pre-crisis.
8. Identify areas of concern where supporters can provide meaningful assistance during a crisis situation.
9. Recognize and indicate contributing factors that may have led to or intensified a recent crisis.
10. Articulate at least one realistic and positive life change they aim to achieve within the next 3 months.

Training Methodology

- Classroom facilitated teaching, including multimedia learning, big group and small group discussions

Trainers' Profile

Chief Trainer – Ms Rebecca Moh



Rebecca Moh is a Certified Facilitator for the Wellness Recovery Action Plan (W.R.A.P.), trained by the Hong Kong New Life Association of Mental Health in 2023. She currently serves as the Senior Manager of Rehabilitation Services at Singapore Anglican Community Services, bringing over 20 years of experience in mental health and social work.

Rebecca holds a Master of Social Work from the Singapore University of Social Sciences and a Postgraduate Diploma in Social Work from UniSIM. She was also a Certified Psychiatric Rehabilitation Practitioner (USPRA, 2007–2013).

Rebecca is known for her practical, person-centred approach and is passionate about empowering others with practical tools to support mental health wellness and recovery.



A one-unit course designed to provide a comprehensive understanding of the strategies and techniques involved in Wellness Recovery Action Planning (WRAP).

Topics Include:

- Key Recovery Principles
- Wellness Toolbox
- Daily Plan
- Stressors / Triggers
- Early Warning Signs
- Avoiding Crisis (Pre-crisis)
- Crisis Plan & Post-crisis Plan
- Your Wellness Your Way



Training Facilities

Singapore Anglican Community Services (SACS) offers access to a network of well-equipped training venues across multiple locations island-wide, providing flexible and conducive learning environments for a wide range of courses. Facilities include air-conditioned classrooms, auditoriums, and specialised simulation spaces with essential audio-visual support to enable effective, practice-oriented learning. All venues are easily accessible by public transport and supported by learner-friendly amenities to ensure a comfortable training experience.

Attendance and Course Completion Requirements

Participants are required to achieve 100% attendance for all scheduled training sessions. Course completion is subject to full attendance, fulfilment of all course pre-requisites, successful completion of all required assessments, and submission of the post-course evaluation.

For any enquiries, email us at sacsa_training@sacs.org.sg.

