

WRAP Free from online sources – aka Action Planning for Prevention & Recovery - samhsa.gov

Community Care Behavioral Health Organization. MCO in Pittsburg, PA. Copyrighted.

<http://www.ccbh.com/pdfs/HCMembers/stepsofhope/recovery/takingaction/actionplanningworkbook.pdf>

Counselling Resource Therapy “Extras” Site, prepared by Mary Ellen Copeland for Us Dept. of Health & Human Services (DHHS) Public Domain. Busy site with ads.

<http://crextras.com/lib/therapy/aboutcouns/self-help/action-plan/>

Family Mental Health Recovery.org Conference Handouts Self-Help Booklets, this and others:

<http://www.familymentalhealthrecovery.org/conference/handouts/Workshop%208/Order%20Series%20-%20Self-%20Help%20Guides%20to%20Mental%20Health%20Recovery.pdf>