

# MyRAP

## My Recovery Action Plan

A self-help/self-management tool to help support people in wellbeing and recovery. Focuses on strengths and builds on them so people can take control through reflection and learning.

### MyRAP Groups in North Lanarkshire

**Motherwell Health Centre, (First Floor)**  
**138/144 Windmillhill St, Motherwell.**

Mon	21st	January	11:15am	-	12:15pm
Mon	28th	January	11:15am	-	12:15pm
Mon	4th	February	11:15am	-	12:15pm
Mon	11th	February	11:15am	-	12:15pm
Mon	18th	February	11:15am	-	12:15pm
Mon	25th	February	11:15am	-	12:15pm
Mon	4th	March	11:15am	-	12:15pm

For more information regarding booking contact:  
Eileen.quinn@samh.org.uk or call: 01698 265659

[www.element.org.uk](http://www.element.org.uk)

