

Mental Health Recovery

Adapted from: <https://www.mentalhealth.gov/basics/recovery-possible>

Recovery is Possible:

Most people with mental health problems can get better. Treatment and recovery are long-term processes that happen over time. The first step is getting help (<https://www.mentalhealth.gov/get-help>).

What Is Recovery?

Recovery from mental disorders and/or substance abuse disorders is a process of change through which people:

- Improve their health and wellness
- Live a self-directed life
- Work to achieve their full potential

Four Parts of Recovery:

There are four major parts of recovery:

- **Health:** Making healthy choices that support physical and emotional well-being.
- **Home:** Having a stable and safe place to live.
- **Purpose:** Doing meaningful daily activities, such as a job or school, volunteering, caring for your family, or being creative. Work for independence, income, and resources to participate in society.
- **Community:** Building relationships and social networks that provide support.

Make a Recovery Plan:

If you are struggling with a mental health problem, you may want to develop a written recovery plan.

Recovery plans:

- Help identify goals for achieving wellness
- Specify what you can do to reach those goals
- Include daily activities as well as longer term goals
- Track any changes in your mental health problem
- Identify triggers or other stressful events that can make you feel worse, and help you learn how to manage them