

YOUR RECOVERY JOURNEY FINDING 'HOPE', 'OPPORTUNITY' AND 'CONTROL'

Recovery is a unique and individual experience. Everyone at some stage in their lives, experiences trauma, something that “knocks the bottom out of their world” and leaves them facing the challenge of rebuilding their lives; maybe the death of someone they love, a relationship breakup, physical illness, mental health difficulties....

Traditionally when we talked about Recovery we tended to mean “clinical” recovery, or recovering from symptoms, however we now realise that Personal Recovery is often more important to people.

Personal recovery focuses more on rebuilding a meaningful, valued and satisfying life whether or not someone continues to experience symptoms.

The Recovery journey can have its “ups” and “downs” and some people describe the process as “being in Recovery” to reflect this.

Hope is widely acknowledged as key to recovery. There can be no change without a belief that a better life is both possible and attainable.

Mental health staff are committed to work in partnership with you and your family and friends. To help support you on your Recovery journey and help you discover a sense of hope that Recovery can be possible.

They may also help you discover some sense of control by helping you understand your experiences, encouraging you to have confidence in your own ability to know what you need and to help you set goals and work towards achieving these.

They will help you address any obstacles to achieving your goals offer you opportunities to discover new skills and harness your existing strengths, perhaps by signposting you to useful courses or other sources of support that will also help you grow your support network and reconnect with your community.