

Recovery happens

Recovery happens ... in many ways. Some people recover alone, without medication or healthcare professionals. However, many benefit from a recovery plan that includes joint effort with others and some form of therapy.

Fear can cause a person to avoid getting the help they need. Collaboration with family, friends and providers is important. No matter what illness or injury a person is recovering from, they must get the health-related services they really need.

It is important to understand how one fits in one's own recovery or the recovery of someone one cares about. Recovery is both a goal and the lifestyle to obtain and support that goal. Making a realistic and informed evaluation of present circumstances is a critical stepping-stone on the path to recovery. Setting recovery goals that are achievable is crucial. Likewise, a step by step guide to achieving each goal is necessary. A plan can be general or detailed, whatever works best for the person.

Recovery does not occur in one single moment. It takes time, planning and effort. It also takes hope, but it is possible. Advocates for Mental Health believes in recovery and seeks to foster group discussion and education of recovery strategies. It's like the visual song of the butterfly: with all of us working together, encouraging one other, hoping and helping collectively to lift each of us higher in recovery.

