

What is Mental Health Recovery?

- Mental Health Recovery means something different to each person
- Means more than just having no symptoms and includes feeling able to be a member of the community
- Something that needs goals to work towards, no matter how small
- Showing commitment – it's really important in the journey to recovery
- Making a life for yourself that is important to you

There are five important recovery themes that are at the centre of Mental Health recovery:

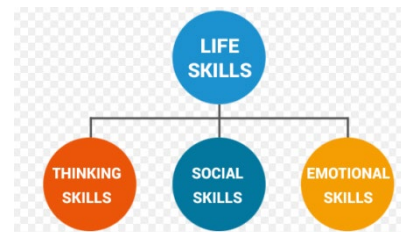
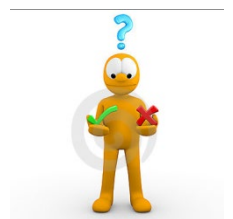
1. **Hope** – means you want it to happen and think it can

2. **Personal responsibility** – The way you choose to react when certain things happen

3. **Self-Advocacy** – Giving your opinion, making choices and saying what you want to happen

4. **Education** – Giving you the tools to manage with everyday life

5. **Support** – Having the right people there to help when you need it



Easy Read:

Use words that are used in everyday speech, no jargon, short sentences, no abbreviations

If you need to use complicated words, you must explain their meaning

Don't overfill pages

Use narration where possible

A paragraph should be two short sentences

Use pictures to aid understanding

Have large gaps between paragraphs