

## Mental health recovery

Evidence\* suggests there are some common themes to recovery:

- Connectedness**  
Having good relationships and being connected in positive ways to other people
- Hope and optimism**  
Having hope and optimism that recovery is possible
- Identity**  
Regaining a positive sense of self and identity
- Meaning and purpose**  
Living a meaningful and purposeful life, as defined by the person
- Empowerment**  
Having control over life, focusing on strengths and taking personal responsibility

\*Leamy, M., Bird, V.J., Le Boutillier, C., Williams, J. & Slade, M. (2011), 'A conceptual framework for personal recovery in mental health: systematic review and narrative synthesis.' British Journal of Psychiatry, 199:445-452

## What does the Scottish Recovery Network do?

### Knowledge

- We raise awareness of recovery through social media, multimedia, resources and events
- We commission and participate in research to build up a robust evidence base in support of recovery

### Empowerment

- We promote recovery rights like participation in decision-making, choice and control
- We encourage peer support working and self-management, including Wellness Recovery Action Planning (WRAP)
- We support story sharing through the Write to Recovery website

### Practice

- We work to ensure that mental health policy-makers and professionals are recovery focused
- We developed the online SRI 2 tool and support professional training and learning
- We promote recovery policy in mental health and wider sectors across Scotland

SRN is a catalyst, bridge-builder, facilitator and collaborator.

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## About us

SRN is a non-profit initiative working in Scotland and beyond.

We know people can and do recover from even the most serious mental health problems.

### We want to see more:

- Knowledge and understanding of recovery
- Empowerment for people affected by mental health problems
- Recovery focused policy and practice

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## What is mental health recovery?

### Recovery is:

- A unique and individual experience
- A journey for some; a destination for others
- A good life, with or without symptoms
- Focused on what you CAN do, not what you can't

### Recovery isn't:

- Just about having a job
- An excuse to cut services
- An unrealistic dream or a fad
- A one size fits all model

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## Find out more

Visit our website and sign up for updates  
[www.scottishrecovery.net](http://www.scottishrecovery.net)

### Contact us:

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Recovery  
can and does  
happen!

Making  
**mental health  
recovery**  
a reality for all