Let’s talk about recovery

Communities Collaboration Conversations
Meaning
Identity
Empowerment
Connections

We know that some things help recovery...

Connections
Hope
Identity
Meaning
Empowerment

What supports you on your recovery journey?
How do you support others?

Conceptual Framework for personal recovery in mental health (Leamy et al, 2011)

Find out more at www.scottishrecovery.net
People tell us that...

**Recovery is**

- A very personal experience
- A journey for some, a destination for others
- About what you can do, not what you can’t
- Not always easy or straight forward but well worth it

**Recovery isn’t**

- Something you need to do alone
- Just about having a job
- A one size fits all model
- An excuse to cut services and supports
Get involved

Sign up for the latest news on the SRN website

www.scottishrecovery.net

or join us on social media

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Scottish Recovery Network

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Together we can make recovery real for everyone in every community