

Let's talk
about
recovery



Conversation Cards
#LetsTalkRecovery



Hints & tips

**Use these cards to get thinking and talking about recovery.
Good conversations happen when...**

- There are no right or wrong answers
- We contribute our ideas and experiences
- We listen to and respect each other
- We don't have to agree but try to understand each other
- Everybody gets a chance to speak if they want to



Connections

Who
matters
to me?



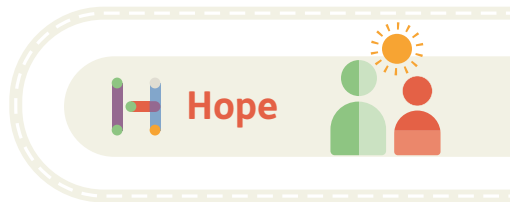
Connections





Hope

What
gives me
hope?





Identity

Who
am I?



Identity





Meaning

What
makes me
feel good
about life?



Meaning





Empowerment

What
am I
good at?



Empowerment



Get involved



Join the recovery conversation

Thanks to CHIME: Conceptual Framework for personal recovery in mental health (Leamy et al, 2011).



Get involved

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or join us on social media

 @SRN_Tweet #LetsTalkRecovery

 /scottishrecoverynetwork

 Scottish Recovery Network

**Together we can make recovery real
for everyone in every community.**

