

**Let's talk
about
recovery**



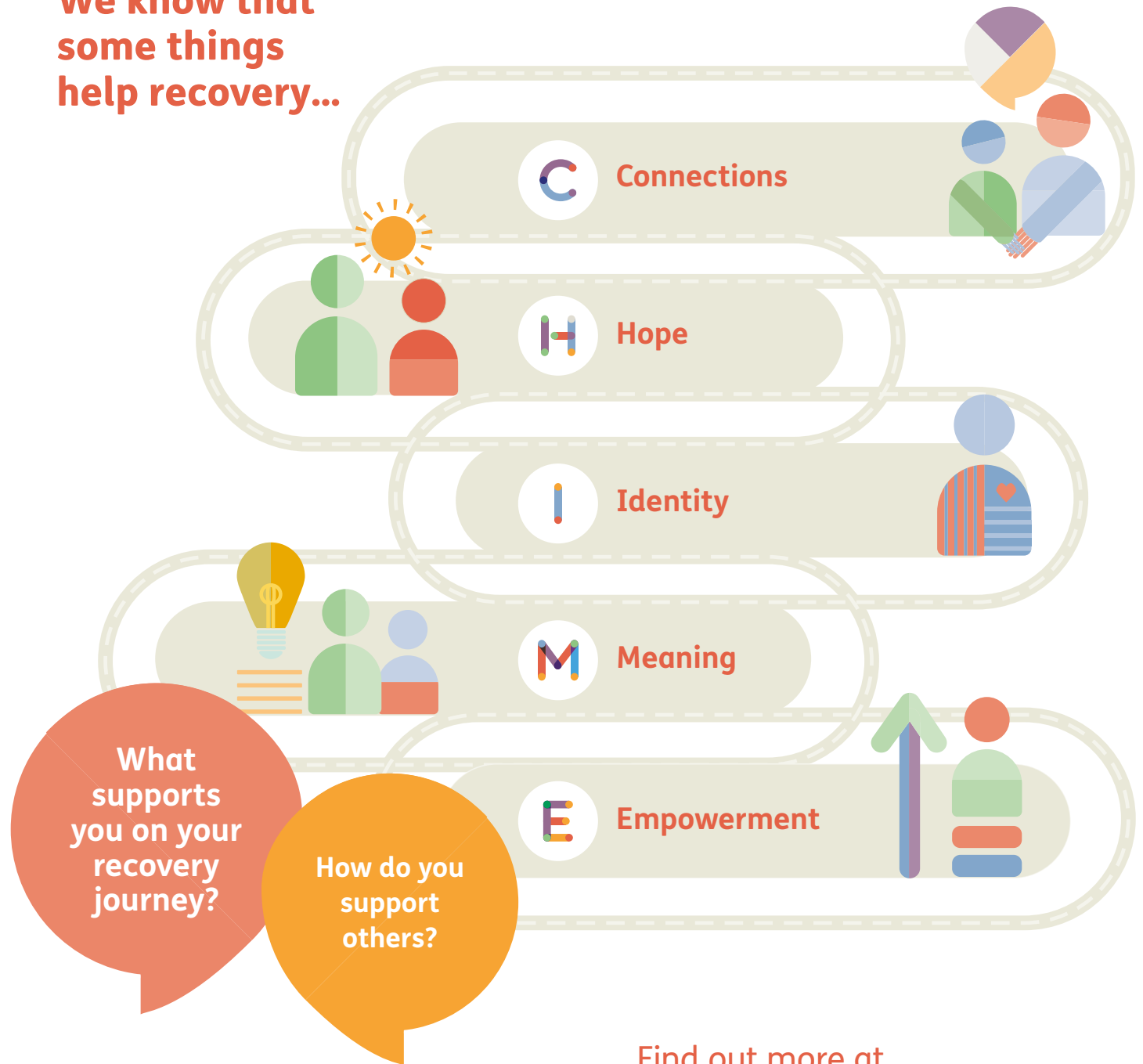
Mental health recovery

Anyone can have mental health problems but with the right support people can and do recover.

Recovery means being able to live a good life, as defined by you, with or without symptoms.



We know that some things help recovery...



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

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 Scottish Recovery Network

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