

# Five Stages *of mental health recovery*



Many people live in recovery from severe mental distress, leading happy and productive lives. So can you. Your journey is unique, but these stages are often the path.

*Stage 2 is a tipping point:* claim your internal strength and choose to move forward with self-determination.

Engage **Integrative Practitioners** who do root-cause analysis. There is a large menu of evidence-based recovery options beyond drugs. Educate yourself.

Start small. One step at a time. Stay close to those who love and support you. Mistakes will be made - that's OK.

You can do this.