

10 Tips on Recovery

- Believe in yourself and in your own abilities to manage your illness.
- Maintain regular sleep patterns, a healthy diet, and daily exercise routines.
- Connect with a Peer Specialist or someone you know who has survived a mental illness, and share your experiences.
- Learn everything you can about your illness, including which medications and treatment options are available.
- Talk to a professional about creating an individualized treatment plan and learn about what services are available to help.
- Discuss managing your illness with friends and family and develop a support network of those who care about you.
- Keep a diary of which medications you've tried, noting the side-effects and benefits of each; also, track your symptoms, and try to identify any specific triggers or patterns.
- Develop a Wellness Recovery Action Plan (WRAP) for daily living and in case of crises situations.
- Join a community organization, such as a social club or church, participate in recreational activities, and explore work or volunteer opportunities.
- Explore alternative and holistic forms of healing such as meditation, yoga, reiki, acupuncture, or spiritual/energy work.

Recovery

“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do.”

Eleanor Roosevelt

You deserve

...to put your life as the top priority

...to learn, stretch and grow

...to make choices about your life

...to have options to draw from

...to fulfill your personal goals

...to celebrate the steps along the way

...to feel renewed

...to recover!

Pathways to Recovery

Jefferson Center offers various recovery groups. Talk to your provider for more information.



Jefferson Center
for mental health

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Jefferson Center
for mental health

Recovery

from mental illness

...it's about restoring lives



What is Recovery?

RECOVERY: overcoming the effects of one's mental illness and living a satisfying and hopeful life.



Recent advances in medical science have proven that with the right combination of treatment and services people with mental illness can overcome the effects of the disease and lead full lives that reflect their dreams. As with any illness, the individual with mental illness plays the central role to achieve recovery.

Recovery is possible

Recovery is a journey

Recovery is a process over time, a journey with hills and valleys. The journey is different for each person. It

begins with a new awareness that you can take charge of your life.

As recovery progresses, people find it becomes a part of their entire life — mind, body, spirit, work, relationships, family and friends. You begin to live the life you want, with meaning and purpose, as you reverse the impact of your mental illness. By helping individuals recover from mental illness, Jefferson Center for Mental Health is committed to supporting individuals and families toward greater independence and community integration.

Restoring Lives...Renewing Hope

Hope is the most important part of recovering from a mental illness. Believing that recovery is possible fuels the change in direction. Everyone has strengths. Hope means believing in yourself and using your strengths to manage and overcome the effects of your illness. Recovery requires risks—doing things like connecting with others that may, at first, seem overwhelming or uncomfortable. Believe in yourself, and trust in your ability to overcome mental illness.

Hope is the key
(believe in yourself)

The path to recovery requires great courage and self-determination. No one knows your illness better than you. You are the expert on what does and doesn't work for you. The more you know about your illness, the better you can manage it by recognizing early warning signs of a change in symptoms and learning how to better monitor them in the future. It is important for you to determine your own path towards recovery. Work with a professional—someone who is right for you—someone you can build trust with and share mutual respect. Determine which medications and treatments have or have not worked for you in the past, and learn about other treatment options, programs and services. Define both your personal and treatment goals.

You are in charge



A Path to Growth and Change

You are not alone on this journey. Therapists, doctors and peer specialists will partner with you as you work toward your recovery. They can help you understand the recovery process and support you in planning your goals and steps to achieve them.

But not alone

Connecting with others is an important part of your recovery. Seek out people who believe in you and in your ability to overcome mental illness. Your network of support can come from many sources: friends, family, support groups, classes, churches, clubs, volunteer jobs, work, recreation centers, social events. Some will be friendly acquaintances and others will be people with whom you share your challenges and successes. Participate in activities that reinforce your strengths.

Connect with others

Jefferson Center is committed to providing mental health services that support you throughout your recovery journey. A wide and growing variety of programs and services are available here at the Center, and many more in the community. Talk to us and find out more!