



# Summary of Personal Recovery

Recovery is individual

Recovery is possible

Recovery requires action by the individual

Recovery is supported by family and friends

Recovery is supported by mental health professionals

Recovery is a journey not a destination

Recovery at times requires us to ask for help

Recovery can open up new possibilities in your personal and professional life

Recovery can feel like a rollercoaster but as long as you keep going that's all that matters

Recovery means developing new ways of caring for yourself

Recovery requires determination and perseverance

Recovery shows you what you can achieve in life

Recovery isn't something that happens to us, it's something we make happen

Recovery means no matter how many times we've found things tough we haven't given up