

Five Stages of Recovery

1

Starting Treatment

Deciding to start treatment is the most important step of recovery. This is where the healing starts, and a professional mental health center is a great place to start.

2

Mental Illness Education

Understanding your mental health condition is the foundation of recovery. In this stage of recovery, you'll learn common symptoms and coping skills for any mental illnesses you're facing.

3

Making a Change

Making changes after treatment can make all the difference in your recovery. By learning to prioritize healthy relationships and developing a support system, you'll give yourself the best chance of long-term recovery.

4

Finding New Meaning

Finding new hobbies, activities, responsibilities, and other rewarding factors in life can help you to find joy in the little things once again.

5

Sticking with Recovery

Recovery requires commitment. When you decide to keep working on your recovery every day, you achieve the last stage of mental health recovery!

Mental Health Recovery Step By Step

Wenbin Ji



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