

Five Stages of mental health recovery



Recovery Happens.

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.

Advanced Strategies Mental Health Recovery

Joacim Rocklöv



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