

What is Recovery from psychosis?



In Chapter 1, we hope to help you understand what we mean by Recovery, and what it may mean for you. We will share with you other people's Recovery ideas and experiences, and look at beliefs about Recovery. You may then be able to start thinking about where you are in your Recovery journey. We will cover the following in this chapter:

1. <u>Thoughts on Recovery</u>	02
2. <u>The principles of Recovery</u>	06
3. <u>Experiences of Recovery</u>	12
4. <u>What are my goals?</u>	22
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Making sense of yourself & your current situation



In Chapter 1 we looked at what Recovery means to different people, and what it may mean for you.

In Chapter 2, we hope to help you to understand your mental health experiences better. Some people find that gaining more understanding about their mental health problems can be helpful in the road to Recovery. This chapter aims to try and provide information and to explore how this relates to your experiences. We will cover the following in this chapter:

1. <u>Are my experiences common?</u>	02
2. <u>Why do some people develop mental health problems?</u>	08
3. <u>Summary of Chapter 2</u>	28

