

Recovery is Possible

Most people with mental health problems can get better. Treatment and recovery are ongoing processes that happen over time. The first step is [getting help](#).

What is Recovery?

Recovery from mental disorders and/or substance abuse disorders is a process of change through which individuals:

- Improve their health and wellness
- Live a self-directed life
- Strive to achieve their full potential

Related Video

"It's time to promote appropriate and accessible services for all those in need," said Cher. She goes on to discuss the importance of talking about mental health problems, and not being afraid to tell someone about a potential problem.

Four Dimensions of Recovery

Four major dimensions support a life in recovery:

- **Health:** Make informed, healthy choices that support physical and emotional wellbeing.
- **Home:** Have a stable and safe place to live.
- **Purpose:** Engage in meaningful daily activities, such as a job or school, volunteering, caring for your family, or being creative. Work for independence, income, and resources to participate in society.
- **Community:** Build relationships and social networks that provide support.

Develop a Recovery Plan

If you are struggling with a mental health problem, you may want to develop a written recovery plan.


Related Video

Sen. Gordon Smith shares his story about mental health problems, and encourages others to “bring mental health issues out of the shadows.”

Recovery plans:

- Enable you to identify goals for achieving wellness
- Specify what you can do to reach those goals
- Include daily activities as well as longer term goals
- Track any changes in your mental health problem
- Identify triggers or other stressful events that can make you feel worse, and help you learn how to manage them

Learn More about Recovering from Mental Health Problems

- Help yourself down the path to recovery.
 - [Recovery Definition and Guiding Principles](#) (PDF – 384 KB)
 - [Recovering Your Mental Health—A Self-Help Guide](#)
 - [Action Planning for Prevention and Recovery: A Self-Help Guide](#)
- Get information about [Partners for Recovery](#) , which provides technical resources to those who deliver services for mental health and substance abuse conditions.