



Mental Health Minute

To increase public awareness about mental health issues, the Mental Health Association is running a series of 8 articles on mental illness.

RECOVERY IS POSSIBLE

You may just have been diagnosed with a mental illness, or you may have already begun treatment.

Either way, you're probably experiencing a range of emotions. For some people, receiving a diagnosis can be a relief, finally being able to put a name to a problem. For others, it can be a major blow. You may experience fear, anger, denial, shame or sadness. You may be wondering, "Why did this happen to me?" "How will this affect my life? What will people think of me?"

Being told that you have a mental illness is not the end of the world. With help and support, you can recover and achieve your life's ambitions. Of course, you will face many challenges as you begin your treatment, but there is hope. Mental illnesses are manageable. And there are a number of things you can do for yourself after a diagnosis to cope with the news, keep up with your treatment, and support your own recovery.

It is important to remember that you are not alone and being aware that you have a mental illness and accepting it is a vital part of the recovery process. Remember that recovery is an ongoing process and happens differently for each person. But most of all, recovery means that you can find hope, meaning, and independence.

Mental Health Minute is provided by the Mental Health Association of Franklin & Fulton Counties (MHA) through funding from the Franklin/Fulton Mental Health/ Mental Retardation/ Drug and Alcohol Program. For more info: call 1-866-593-8351 or email: info@mhaff.org.