



## **Mental Health Minute**

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

### **PHASES OF RECOVERY**

In Mary Ellen Copeland's "The Recovery Workbook", the 7 phases of recovery are defined as: **Shock**- the onset of mental illness is too much to grasp; **Denial**- you don't accept that you have a mental illness; **Despair**- you may develop feelings of hopelessness; **Anger**- at the illness, the system, the unkind attitudes of society & friends & family; **Acceptance/Hope/Helpfulness**- by taking small steps to re-build confidence, a new and stronger self-identity slowly emerges; **Coping**- you learn new skills needed to live with your illness; **Advocacy/Empowerment**- empowerment follows learning to cope & you become an advocate for yourself and others.

### **THE RECOVERY MODEL**

As stated, recovery from mental illness is possible. But seldom can one do it alone. Developing a natural system of supports can aid in recovery. A natural system consists of supports such as: your friends & family, your faith community, peer support, leisure, education, affordable housing, health care, belonging to community groups, treatment, meaningful work & psychiatric rehabilitation.

For your support system to be effective there must be: **trust & respect**- of you & from you; **understanding**- of each other and your illness; **hope**- that recovery is possible; **competence & choice**- in & of the services you receive; **spirituality**-a strong faith & belief system; & **wellness**- a holistic approach of mind, body & spirit. *More on recovery next week.*

*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](mailto:info@mhaff.org).