

LET'S TALK ABOUT RECOVERY



What is mental health recovery?

The recovery journey in mental health involves discovering your personal resourcefulness and exploring meaning and growth during or following an experience of mental health difficulties. It is about personal control and connecting with a positive sense of self “...as an emotional, spiritual, social, biological and sexual being”.

Recovery is individual and means different things to different people. What matters most is what recovery means to you. There is no defined time period for recovery and everyone’s recovery journey is unique to them.

The recovery approach is a way to provide mental health services which respects all approaches to recovery. It does not view one approach as better or less than another. It is about valuing expertise by experience and the importance of personal meaning.¹

CHIME Framework

There are five common themes that capture the essence of what people say helped them in their mental health recovery.² The word CHIME can help you remember what these themes are. CHIME stands for:

CONNECTEDNESS

Connectedness is about your relationships and social support. This can come from a variety of sources. It can involve having valued friendships and other relationships, being part of your community, feeling cared for and accepted, and experiencing belonging.

HOPE

This theme is about having optimism for your future and believing in recovery. It is about your aspirations for your life, how relationships with others can inspire hope, and your motivation to improve your quality of life.

MEANING

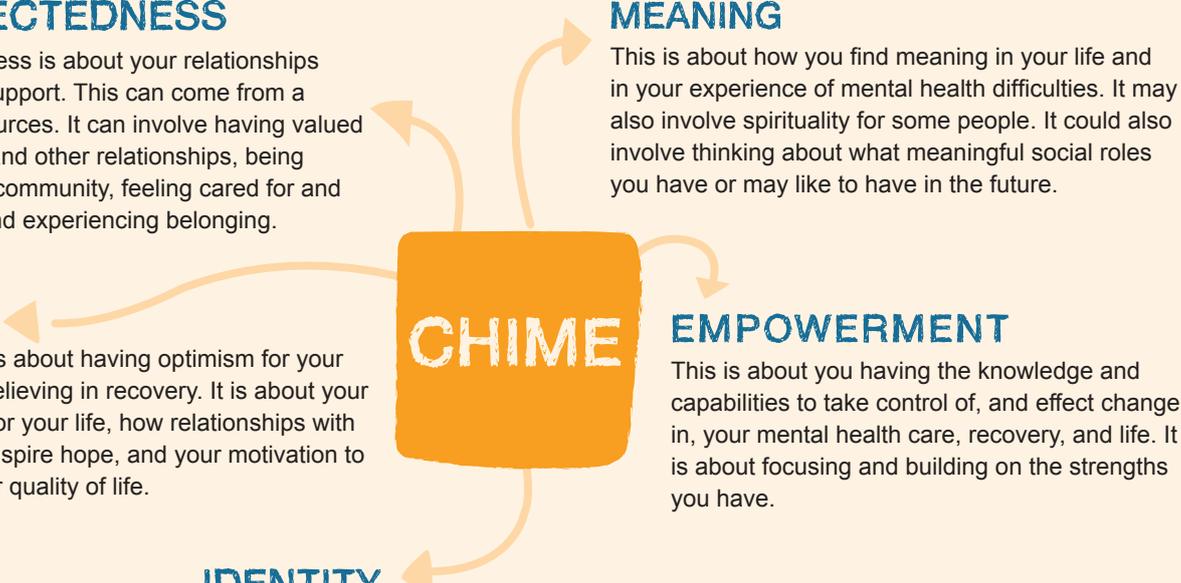
This is about how you find meaning in your life and in your experience of mental health difficulties. It may also involve spirituality for some people. It could also involve thinking about what meaningful social roles you have or may like to have in the future.

EMPOWERMENT

This is about you having the knowledge and capabilities to take control of, and effect change in, your mental health care, recovery, and life. It is about focusing and building on the strengths you have.

IDENTITY

This category is about the ways you may see yourself or your personal identity. The focus is on how you can explore what a positive sense of identity looks like for you. It involves having an identity that is not solely defined by your experience of mental health difficulties but also incorporates aspects like your social roles, the groups/communities you identify with, your culture etc.

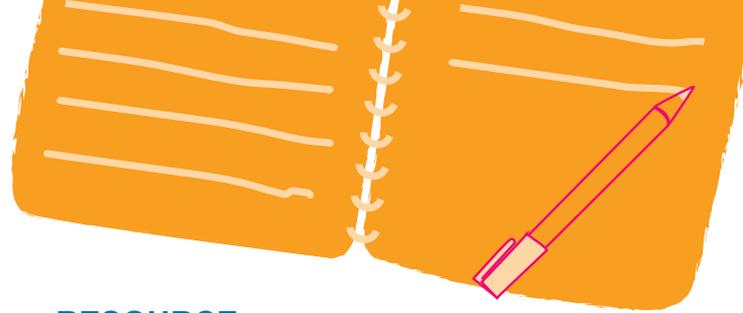
A central orange square contains the word "CHIME" in white capital letters. Five arrows point outwards from this square to five surrounding text blocks, each representing a theme: CONNECTEDNESS, HOPE, MEANING, EMPOWERMENT, and IDENTITY. The arrows are orange and curve slightly as they point to their respective sections.

CHIME

¹ Higgins, A. (2008). *A recovery approach within the Irish mental health services: a framework for development, p. 7*

² Leamy M, Bird V, Le Boutillier C, Williams J, Slade M (2011) *A conceptual framework for personal recovery in mental health: systematic review and narrative synthesis, British Journal of Psychiatry.*

How can I support my RECOVERY?



REFLECT

What support would you need in order to help yourself recover? Some examples of ideas include: peer support, talking therapies, recovery education, recovery colleges, exercise, nutrition, meditations, mindfulness, creative therapies, medication, and complimentary therapies.³

RECORD

Sometimes writing things down can help you remember what you would like to communicate about recovery to the people supporting you.

RESOURCE

Learn about what works for you through education, peer support, community resources and professional supports.⁴ For example, you may be interested in engaging in a Wellness Recovery Action Plan (WRAP) programme or attending a Recovery College (a place to learn about recovery from other people with lived experience, family members/supporters, and mental health professionals).



RECOVERY AND ACCESSING SERVICES

- Recovery is a priority of our national mental health policy, Sharing the Vision. A central aim of the Health Service Executive (HSE) mental health services is for recovery to become a reality for all.
- If you are accessing mental health services, you can ask your mental health professional about how they can support you with recovery and speak to them about what recovery means to you.
- Many organisations in the voluntary and community sector also support a recovery-oriented approach to mental health and have recovery resources.

Resources

Mental Health Ireland Recovery Guide:

mentalhealthireland.ie - 01 284 1166

HSE Ireland Recovery Video:

[YouTube Video - What is Recovery in Mental Health?](#)

WRAP (Wellness Recovery Action Plan) and

Other Programmes: suicideorsurvive.ie - 01 2722158

Recovery Colleges:

- recoverycollege.ie – 01 700 7907
- HSE.ie - Directory of Recovery Colleges
- ARCHES Recovery College (South Dublin and Wicklow) - 087 342 9922/ info@archesrecovery.ie

Recovery Workshops and One-to-One Wellbeing Coaching:

thresholdtraining.ie - 01 494 0502

Recovery Education Programmes:

shine.ie - 01 541 3715

Pathways to Being Well (Available in 8 Languages):

cairde.ie - 01 855 2111

Peer Support:

- Gateway Mental Health Project (in-person) - gateway.ie - 01 497 7005
- Shine (in-person and online) - shine.ie - 01 541 3715
- GROW (in-person and online) - grow.ie - 0818 474 474
- Turn2Me (online) - turn2me.ie



Who are Mental Health Reform?

Mental Health Reform are Ireland's leading national coalition on mental health. Together with our 80 member organisations and thousands of individual supporters, Mental Health Reform provides a unified voice to the Government, its agencies, the Oireachtas and the general public on mental health issues.

³ [Mental Health Ireland Recovery Guide](#)

⁴ HSE YouTube - [What is Recovery in Mental Health?](#)