

# Defining Recovery

There are many understandings of mental health recovery. A common theme is that a majority of people can grow beyond the sometimes devastating effects of mental illness and lead meaningful lives in their own community.



*In the middle of difficulty lies opportunity.*

-Albert Einstein

*"Recovery is....no longer viewing oneself primarily as a mental patient and reclaiming a positive sense of self....a journey from alienation to purpose."*

- Priscilla Ridgway

*"It is imperative....to look within ourselves for our strengths. These strengths are the tools for rebuilding our self-image and thus our self-esteem. If we confront our illnesses with courage...we will successfully manage our lives and bestow our talents on society..."*

- Ezzo Lette

*"Recovery is about getting a car, a paycheck and a date on a Saturday night."*

- Pat Deegan

*Mental health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential.*

- SAMHSA

