

Milestones in Recovery from Mental Illness

R

I begin to **recognize** my inner distress but may be unable to identify what it is.

E

I begin to **examine** my distress with the help of others.

C

I **choose** to believe that hope exists.

O

I start **overcoming** those symptoms that keep me from examining what is important to me in life.

V

I **voluntarily** take some action toward recovery.

E

I start to **enjoy** the benefits of mutual recovery.

R

I am **responsible** for my own recovery.

Y

Yes, helping others strengthens my recovery.

Recovery is Possible!



Behavioral Health and Recovery Services

A Mental Health, Alcohol and Drug Service Organization

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