

# Resiliency

“Resiliency means the personal and community qualities that enable us to rebound from adversity, trauma, tragedy, threats, or other stresses – and to go on with life with a sense of mastery, competence, and hope.” President’s New Freedom Commission on Mental Health



Think Recovery is a collaboration effort between the Mississippi Peer Support Specialist Network and the Mississippi Department of Mental Health.

**RECOVERY:** A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

