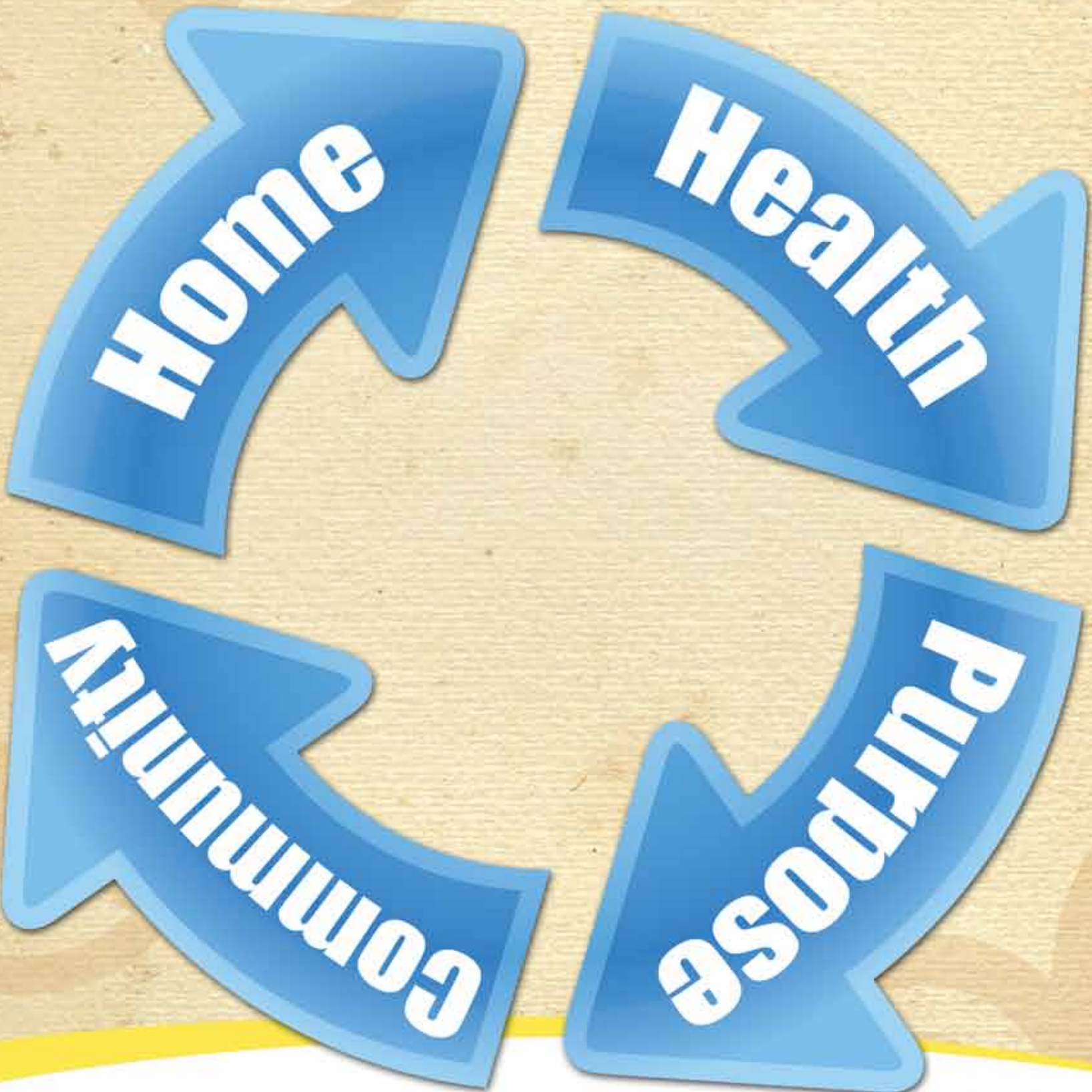


# Holistic

Recovery encompasses an individual's whole life, including mind, body, spirit, and community. Recovery embraces all aspects of life, including housing, employment, education, mental health and healthcare treatment and services, complementary and naturalistic services, addictions treatment, spirituality, creativity, social networks, community participation, and family supports as determined by the person. Families, providers, organizations, systems, communities, and society play crucial roles in creating and maintaining meaningful opportunities for consumer access to these supports.



**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.

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

