

Non-Linear



Recovery is not a step-by-step process but one based on continual growth, occasional setbacks, and learning from experience. Recovery begins with an initial stage of awareness in which a person recognizes that positive change is possible. This awareness enables the consumer to move on to fully engage in the work of recovery.

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.

