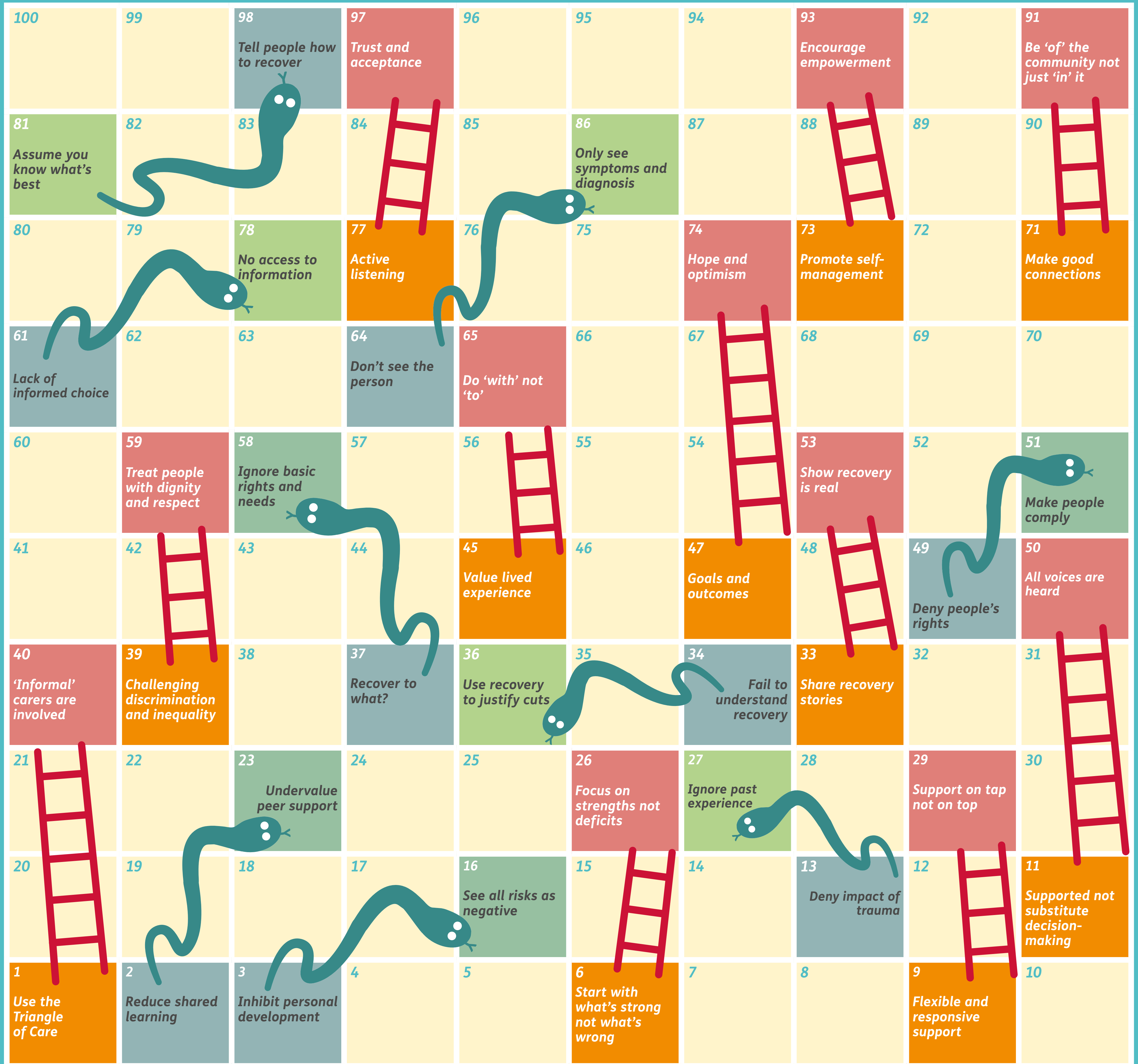


MENTAL HEALTH RECOVERY: WHAT HELPS AND HINDERS




We know people can and do recover from even the most serious mental health problems. Recovery means being able to live a good life, as defined by the person, with or without symptoms.

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