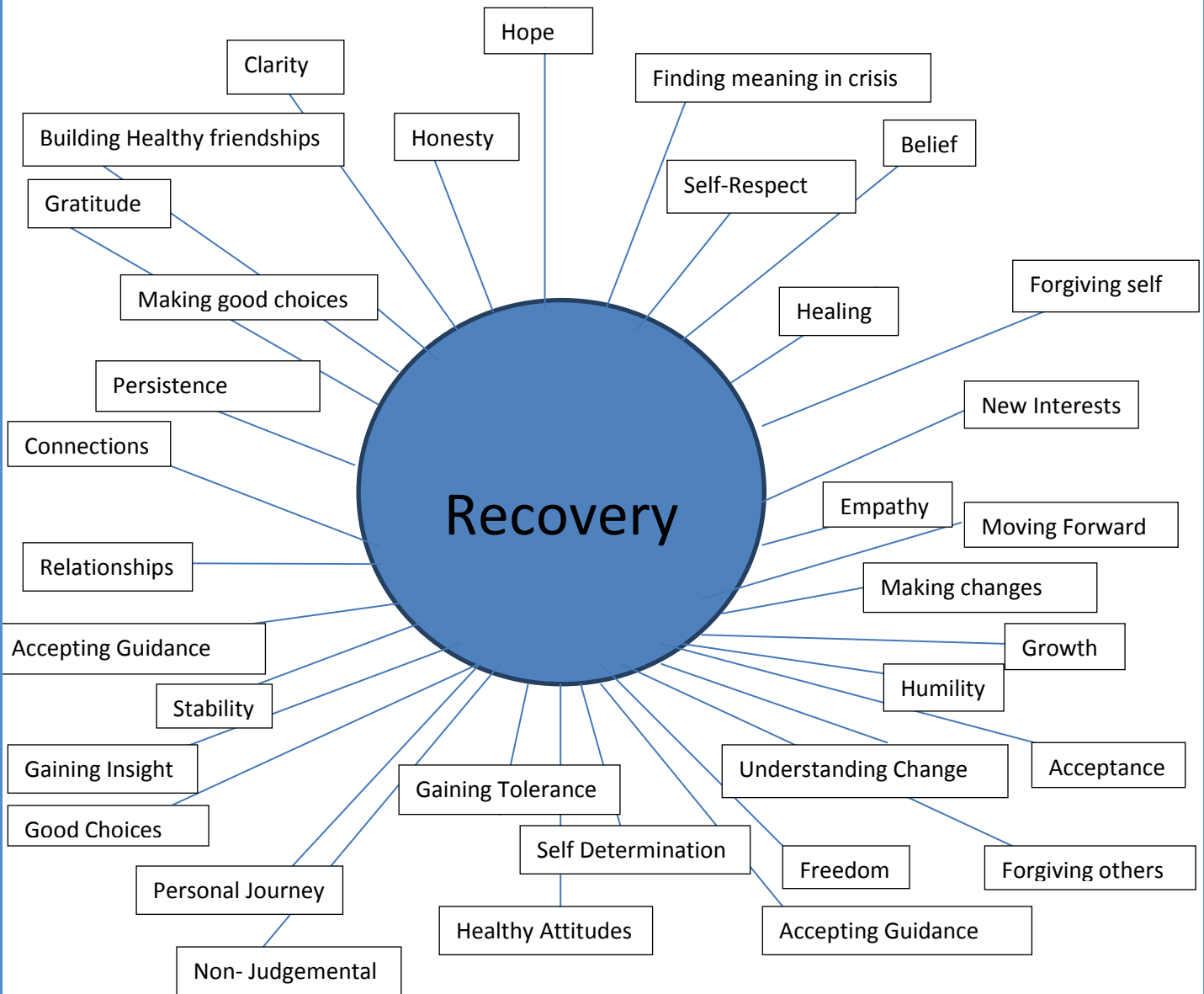




*"Recovery starts with asking for help; it's like drowning and reaching out for a hand. It begins with the first step of admitting we have a problem." Tony Ryan*



"The recovery journey is a personal experience for everyone, some people describe it as a pathway with hills and valleys, and others may say it's like a circle with no beginning and no end. We may go forward, take a step sideways or even backwards but we never stop embracing our recovery. What worked for us last week might not work today, tomorrow or next year? To me recovery is dealing with many emotions, experiences and being able to put skills into my tool box for the next time they are needed".

Paula Kelly

"I would define recovery as it relates to mental illness and addiction as the movement away from a physically and mentally 'diseased' state to one of health and well-being. It is not an end in itself as no tangible moment of 'being recovered' is likely to be experienced. There is difficulty in pin pointing the specific steps that lead to recovery as what works for people happens to vary widely. From what I have witnessed in myself and others the key point seems to come when people's minds are more occupied on other areas of life than with their illness or addiction. Something almost magical seems to occur when the scales are tipped in this direction".

Jonathan Reichert