



OTHER WAYS OF GETTING INVOLVED WRITING YOUR RECOVERY STORY

To live in and with hope is essential to us all. Telling your story can be an important part of your recovery journey and the overall healing process. Telling your story is important not only for yourself, it can also help to inspire hope in others starting on their journeys of recovery. Your story can also benefit those working within mental health services to gain perspective, make changes and improve services for those affected by mental health issues.

We would like to hear your story and learn more about your own journey of recovery.

Here are a few guidelines to help you write your story.

- Please start your story with a brief introduction to your problems and how they have affected your life.
- Please let us know where and how you first found help for these difficulties and what on-going help you make use of, if any. Your story can include both the positive and negative experiences of your journey.
- We are particularly keen to hear about experiences that helped you find a sense of hope that Recovery was possible.
- We would also like to hear if you have found ways to feel more in control of your life and how you have achieved this.
- Finally, we would like to know where you are on your journey now. Have you achieved any of your hopes and dreams, what opportunities do you see for your future?
- Stories should roughly be between 200-500 words (roughly 2 typed A4 pages)