

ARKANSAS RELATIONSHIP COUNSELING CENTER (ARCC)

MENTAL HEALTH RECOVERY IS POSSIBLE

What Is Mental Health Recovery?

Mental health recovery means living a meaningful and satisfying life while managing mental health challenges. Recovery is a personal journey focused on hope, healing, growth, independence, and improved quality of life.

Principles of Recovery

- Hope — Recovery begins with believing change is possible.
- Person - Centered — You guide your own recovery journey.
- Connection — Support and relationships strengthen healing.
- Empowerment — You have control over your goals and choices.
- Holistic Wellness — Recovery includes emotional, physical, and social health.

Tools That Support Recovery

- Counseling or therapy
- Medication management (if needed)
- Peer support
- Healthy coping skills
- Stable routines and self - care
- Community involvement

When to Seek Help

Seek professional help if you experience ongoing sadness, anxiety, changes in mood or behavior, thoughts of self - harm, or feeling overwhelmed.

Crisis Resources

- 988 Suicide & Crisis Lifeline — Call or Text 988
- Emergency — Call 911
- Poison Control — 1 - 800 - 222 - 1222

You Are Not Alone. Recovery Is Possible. We Are Here to Help.