

### What are the limits to Recovery

- Recovery can't provide you with a cure but it can help you discover hope that this could happen in the future. Meantime you still have choices, you can still make plans for yourself and keep hold of your dreams
- Recovery can't take away your symptoms but it can help you recognise that you have choices about how you deal with them and lots of things, from talking treatments to medication, from exercising to meditation can help

Do you want help with getting  
**your life back on track?**



# What is Recovery Approach?

The Recovery approach we use at St Martin's means that we see things in a slightly different way –

- We focus on your wellness rather than your illness
- We recognise you are a person who has dreams
- We recognise you are a person who has hopes
- We recognise you are a person who has plans
- We recognise you are a person who has choices

We will encourage you to;

- Discover hope for your future
- Take responsibility for yourself
- Continue your education to gain information and knowledge
- Exercise self-advocacy and recognise you have rights
- Accept support when it is offered

We will work with you in a way that;

- Maintains your dignity
- Ensures you are treated with respect

We will support you to develop your own WRAP

WRAP stands for;

**W**ellness  
**R**ecovery  
**A**ction  
**P**lan

It will help you to recognise;

- How you feel when you are well
- The things that help you feel well
- How you can use these things everyday
- The triggers that can make you feel unwell
- How to avoid these
- What you'd like to happen if things do go wrong
- What you can do to stop things going wrong again