



**Here for Recovery Month.
Here for Every Day.**

What is recovery?

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Recovery is a process of change. It helps you improve health and wellness, live a life you control and reach your full potential. Recovery is especially important for people living with mental health and substance use disorders. But it can help most anyone.

Recovery's central motivating message is a better future. It shows that you can and do overcome obstacles.

It recognizes individual strengths, needs and preferences. And it values experiences and cultural backgrounds. Recovery uses four dimensions of life as pillars to support coping with and managing tough times.

These dimensions are:

- **Health:** Overcoming or managing one's disease(s) or symptoms and making informed, healthy choices that support physical and emotional well-being
- **Home:** Having a stable and safe place to live
- **Purpose:** Engaging in meaningful daily activities and having the independence, money and resources to be part of society
- **Community:** Building relationships and social networks that provide support

A recovery plan can help you figure out your goals — and how to reach them. It includes daily activities and longer-term goals. It also tracks any changes in your condition and identifies triggers or other stressful events that can make you feel worse. This can help you learn how to manage them.

Built on hope, recovery is based on continual growth, occasional setbacks and learning from experience.

For more information about mental health, substance use and recovery, go to:

www.stampoutstigma.com/recovery

Need help now?

If you are experiencing thoughts of suicide or something else that is urgent or an emergency, **call 911** or **1-800-273-TALK (8255)**.

To connect with specialists trained in addressing substance use disorders, call the Optum Substance Use Disorder Helpline at **1-855-780-5955**. It's confidential and available 24/7.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Consult with your clinician for specific health care needs, treatment or medication. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and are subject to change. Coverage exclusions and limitations may apply.