



ADDICTION RECOVERY

RECOVERY IS MORE
THAN JUST STOPPING



Stopping is the first step - but recovery
is the journey that builds your life.

WHY RECOVERY IS MORE THAN STOPPING

- ✓ Stopping ends the behaviour
Recovery transforms the life around it.
- ✓ Recovery strengthens mental & emotional health
Healing happens when support, therapy, and reflection begin.
- ✓ Recovery rebuilds identity
Confidence, purpose, self worth -
Rediscovered, not lost.
- ✓ Recovery creates healthy habits
Structure, sleep, nutrition, exercise,
boundaries.
- ✓ Recovery reconnects people
Community, peers, mentors, and
supportive relationships

THE RECOVERY JOURNEY

ABSTINENCE

Beginning physical & emotional healing.

ASSESSMENT

Understanding risks, strengths & triggers.

RECOVERY PLANNING

A personalised roadmap for change.

THERAPY & SUPPORT

Learning new coping tools & healing trauma.

CONNECTION

Support from peers, meetings, trusted people.

AFTERCARE

Ongoing support to stay motivated.



24/7 Confidential Helpline- 07480 726 082 | helpline@sixmha.org
www.sixmha.org Scan for the SIX MHA App !

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|---|-----------------------|
| SG Pam UK | PAM-144-465 |
| SG Okarno | SGA-633-545 |
| SG British Gypsum | SGB-739-287 |
| SG Formula | SGF-430-009 |
| SG Gyproc | SGG-941-361 |
| SG High Performance Soutions (abrasive and ceramics) | SGH-691-236 |
| SG Offsite Solutions | SGO-706-955 |
| SG Professional Services | SGP-218-352 |
| SG GTC BPB | SGG-921-354 |
| SG Isover | SGI-409-619 |
| SG Life Sciences | SGL-841-310 |
| SG PPL Corby | SGP-295-848 |
| SG Farecla | SGF-762-080 |
| SG Glass | SGU-K2- 921-14 |
| SG Glassolutions | SGU-K2- 921-14 |
| SG Glass Swisspacer | SGU-K2- 921-14 |
| SG Glass Vetrotech | SGU-K2- 921-14 |
| SG Weber | SGW-621-524 |
| SG Ecophon | ECO-388-998 |