



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.



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