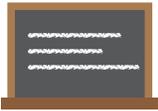


# Choosing the Right Services for You

Below is a list of programs and services to support your mental health recovery journey. Mark off the ones you have tried.

Services and Supports	Have Used	Using	Services and Supports	Have Used	Using
 Psychiatrist/Doctor			 Support Groups		
 Therapy (psychologist, counselor, social worker)			 Supported Employment/ Job Training		
 Medication			 Supported Housing		
 Case Management			 Social Skills Training		
 Assertive Community Treatment			 Other		
 Peer Support/ Counseling			 Other		

Write down the services and supports you would like to know more about and which person on your treatment team or in your support network can help you find these types of services.

Support or Service	Who Can Help
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

# Available Mental Health Recovery Supports and Services

A wide variety of treatments and services can help you in your recovery journey.

## INDIVIDUAL CARE

**Psychiatrists/Doctors** can work with you to find medication and other treatments that can help you achieve your recovery goals. Learning to understand and better manage your mental health condition and improving your overall wellness also can be important to reaching your goals.

**Therapists (Psychologists, Social Workers, Counselors)** can help you learn about your condition and symptoms, work with you to figure out what life goals are most important for you, and give you an opportunity to talk about your feelings, your life, and your recovery-related concerns.

**Case Managers** work with you to create your recovery plan and help you stay on track. They can help you find and use other resources and coordinate your mental health care.



## COMMUNITY-BASED SUPPORT

**Assertive Community Treatment (ACT)** teams offer comprehensive, 24-hour support from a group of healthcare professionals including nurses, psychiatrists, and other specialists. They can help you stay in your community and out of the hospital.

The availability of ACT teams and the eligibility criteria vary by state. Contact your local community health center, advocacy organization, or treatment team for information about ACT teams in your area.

**Peer Counselors** are specialists who live with mental health conditions and can share their knowledge and experience with you. They can provide support, encouragement, hope, and mentorship in individual and group settings.

**Support Groups** are places where you can meet new people, share common experiences, learn from peers, and build social skills.

**Supported Housing** is a program to help you find and get safe, stable, and supportive housing in your community.

## SKILLS TRAINING

**Supported Employment** can help you get job training, learn specific work skills, find work, and offer support services that help you stay employed.

**Social Skills Training** teaches skills that help you live more independently, communicate better, and be able to do activities of daily living (eg, laundry, cooking).



For more information and free recovery resources, visit [www.ChoicesInRecovery.com](http://www.ChoicesInRecovery.com)