

Dark Days Recovery from a serious mental illness can be a long, difficult journey. During this section of the presentation, speakers explore feelings and experiences that occurred during the darkest moments of living with a mental illness.

Acceptance Learning to accept the reality of having a serious mental illness is quite a challenge. It can be hard for anyone to come to terms with having a serious illness of any kind. Acceptance is essential to beginning recovery. During this section, presenters share their experience of acceptance and explain how it was achieved.

Treatment There are many methods for treating mental illness. Every person is different, and this is the reason that there are many ways to walk down the path to recovery. During this section, presenters explain what treatment plan worked for them.

Coping Strategies Wellness can be achieved by following a treatment plan and using coping skills. Some common coping skills include: making time for leisure activities and rest, exercising, spiritual activities, developing healthy friendships, getting involved with community charities, and finding ways to keep a sense of self awareness and acceptance. During this section, presenters share their own coping skills.

Successes, Hopes and Dreams Our presenters have a variety of skills and ambitions. A key component of recovery is setting goals while pursuing personal dreams. Many consumers incorporate what they've learned from their illness into activities and plans for their future. During this section, presenters share their own successes, hopes, and dreams.