

# 100 ways to support recovery: A guide for mental health professionals

**This is the first in a series of Rethink reports on mental health recovery. It identifies 100 ways in which people working across the mental health sector can support the recovery of people with mental health problems.**

**It describes how to support people to:**

- Develop a positive identity
- Frame the 'mental illness'
- Self manage the mental illness
- Develop valued social roles

**The author Mike Slade says:**

“Recovery is an idea which has developed out of the experience of people living with, and beyond, mental illness. The mental health system already helps many people to live meaningful and purposeful lives, but we can do better.”



**You can download a free copy of this report  
or purchase a printed copy for £5.00  
from [www.rethink.org/100ways](http://www.rethink.org/100ways)  
or by calling 0845 4560455.**



Printed on 100% recycled paper

Registered in England Number 1227970. Registered Charity Number 271028

Registered Office 89 Albert Embankment, London SE1 7TP

Rethink is the operating name of National Schizophrenia Fellowship, a company limited by guarantee

© Rethink 2009