

## Illness Management and Recovery

CONTACT INFO  
 HERE



Knowledge Informing Transformation

Evidenced-based treatment works



*Providing information, support, and skills to help consumers manage their mental illnesses and move forward in their own recovery process.*

## What is Illness Management and Recovery (IMR)?

IMR, an evidence-based practice, gives consumers information about mental illnesses and coping skills to help them

- Manage their illnesses;
- Develop goals; and
- Make informed decisions about their treatment

## Why participate in IMR?

Knowledge empowers people. The more people understand the basic facts about their mental illnesses, the better equipped they are to speak for themselves and take an active role in their recovery.

## How does IMR work?

- **Consumers define recovery**  
IMR practitioners help consumers define recovery for themselves and identify personally meaningful recovery goals.
- **Information is power**  
Education about mental illnesses is the foundation of informed decisionmaking.
- **Collaboration is key**  
Practitioners help consumers build social networks and engage supporters in activities that promote recovery.
- **Plans can help prevent relapses**  
Consumers learn to identify early warning signs and plan steps that they can take to prevent relapses.
- **Illness management strategies work**  
Consumers learn new strategies to help them manage their symptoms, cope with stress, and significantly improve their lives.

**Illness Management and Recovery supports consumers in their recovery process.**