

## ***A Mental Health Recovery Reader for Providers, Survivors and Families***

This Mental Health Recovery Reader includes a collection of articles that will provide background reading for anyone interested in exploring critical perspectives in mental health and an introduction to the concept of mental health recovery. These articles reflect viewpoints expressed by mental health professionals/providers, recovery researchers and educators, consumer/survivor/ex-patients, and family members. The recovery content has an international scope representing authors from the UK, Canada, the USA and New Zealand.

Hopefully this Recovery Reader will help shed some light on the issues and challenges confronting mental health workers within the current traditional mental health system. It will provide a basic understanding of the theory and practice of mental health recovery, as well as the recovery competencies needed to work in the mental health community. In addition, the Reader will suggest strategies, skills and tools that help create an environment that enhances mental health recovery. For survivors, in particular, this Reader shares some very powerful and moving speeches and stories by key survivor activists working in the mental health recovery field – hopefully, this writing will provide inspiration and perhaps a turning point for personal journeys to recovery.

377 pages - \$40.95

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