

# DO YOU HAVE?

The following stories are from some of our members

## Anxiety – Brian's story

Before I learned the Recovery method I lived in an almost constant state of fear.

I was afraid of making mistakes and even more afraid that someone might find out about mistakes I had already made. I suffered from distressing physical symptoms; churning in the stomach, racing pulse, my face feeling hot as if I was blushing all over.

Today I have my own business and every day I do dozens of things that I couldn't have done before Recovery. I no longer dread every phone call, assuming it is going to be bad news. Most of all I have learned that fear is merely a belief, and that feelings are not facts.

## Depression, bulimia and panic attacks - Shelia's story

I was first put on medication at the age of twelve. I was then admitted to a mental hospital at the age of fifteen and for the next 20 years I was in and out of mental hospitals suffering from depression, bulimia and panic attacks.

After years of suffering, I joined Recovery. Since then I learned how to be self-led and not symptom led.

I got well and I got married at the grand old age of forty-five. I now have two children aged three and four. I could never have imagined any of these things would happen to me. Before Recovery these events were beyond my wildest dreams.

## Recovery Self Help Method meetings offer

**Hope**, by meeting other people with the same problems as you, who have become well again.

**Support**, by meeting friendly people who understand what you are going through.

A **Safe Place** to express your feelings and fears without being judged.

**Help**, by learning a simple method to improve your mental health and relationships.

**Encouragement**, to keep trying.

## About Recovery Self Help Method Ireland

Recovery Self Help Method Ireland is an official Irish charity that was established in Dublin in 1971. Our charity registration number is CHY7690.

We are the Irish branch of Recovery International, which was founded in 1937 at the University of Illinois, Psychiatric Institute, by one of its directors called Dr Abraham Low, who was a psychiatrist there.

The organisation is non-religious, and non-profit. It is run by members, for members.

We only offer training in our self-help method. We do not offer advice on any medical, clinical or psychological therapy or treatment.

For more information and a list of meetings:

### Recovery Self Help Method Ireland

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❖ **Anxiety**

❖ **Depression**

❖ **OCD**

❖ **Anger**

❖ **Insomnia**

❖ **Nervousness**

# Recovery Can Help!

## What is the Recovery Self Help Method?

The Recovery Self Help Method is a powerful way to help reduce distress caused by mental health problems and nervous symptoms.

It is a special form of cognitive behavioural training.

The Recovery method has already helped thousands of Irish people live more peaceful and productive lives.

The Recovery method can be used on its own, or at the same time as medication or psychological help.

Research has shown, that people who use the Recovery method use fewer tranquillisers, less medication in general, and need less psychological support from others.

The Recovery method is recommended by leading Irish and US doctors.

## Who Attends Meetings?

Ordinary people like you and me!  
People who are having emotional or mental health problems attend meetings.

Some people are also seeing a doctor or therapist. Other people just happened to read about Recovery somewhere, or maybe a friend mentioned it to them.

## What problems can be helped?

Recovery can help people struggling with: depression, anxiety, anger or stress. Many people also get help for nervous symptoms such as; heart palpitations, dizziness, shortness of breath, sweats, fatigue, headaches, numbness, and sleep problems.

Some people have fears of being alone or open spaces, eating, choking and especially fear of making mistakes!

Others have phobias, eating disorders and compulsions.

## How do I get started?

All you need to do is come to a meeting!

There is no registration, appointment or waiting necessary. If you wish, you may bring a friend or relative with you for support.

Patients, doctors, nurses, counsellors, community leaders or any healthcare worker are encouraged to attend Recovery meetings to see how the method works.

However, to learn the method, members are advised to attend at least six meetings. The reason for this is that old mental habits are difficult to break and this takes time.

## What happens at a meeting?

All meetings are confidential.

Meetings are in a group format, with a group leader.

Members read aloud a portion of one of our self help books or they listen to a recorded lecture.

Members then speak about a situation where they used the Recovery Self Help Method to cope and get relief from their nervous symptoms.

After this section is finished the meeting becomes informal and members talk with each other and share a relaxing cup of tea or coffee.

Meetings last about two hours and are usually held in a community building.

## How much will it cost to attend?

There is no charge to attend. However, a very small donation is requested at each meeting to help with our bills like the room rental, or tea and coffee costs. But this is purely voluntary. For your first meeting, no donation is necessary.

## About mental health problems

You Are Not Alone! One out of every five people has some sort of nervous or emotional problem during their life.

After colds and flu, mental health problems are the second most common reason why people visit their doctor.