



Recovery é uma trajetória individual

Recovery significa encontrar maneiras de lidar e viver com um transtorno mental e levar uma vida prazerosa definida por você. Embora a trajetória de recovery seja pessoal, o apoio da comunidade e da família é benéfico.

SAMHSA
Substance Abuse and Mental Health
Services Administration

Trajетória de Recovery



Northeast & Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



New England (HHS Region 1)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



National Hispanic & Latino

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration