



## Recovery from Mental Illness

### POLICY

The Mental Illness Fellowship of Australia believes that all people living with mental illness can recover a better quality of life.

### PRINCIPLES

- From the perspective of the individual living with a mental illness, recovery means gaining and retaining hope, understanding one's abilities and disabilities, engagement in an active life, personal autonomy, social identity, meaning and purpose in life, and a positive sense of self.
- From MIFA's perspective supporting recovery means applying the principles of uniqueness of the individual, real choices, rights and responsibilities, dignity and respect, partnership, communication and evaluation.

### ACTIONS

- We support member organisations in their drive to develop, deliver and evaluate recovery based models of service and support.
- We advocate for the principles of recovery and recovery oriented practice to be universally accepted in the treatment and support of people living with mental illness.