

Choices in Recovery

Alternatives in Mental Health



Dr. Mercola's Brain Power

- Exercise
- Sunlight
- Fresh Air
- Sleep
- Eat Whole Foods
- Mental Exercise
- Visualization

Foods for Depression

avocados, asparagus, bananas, beans, chicken, collard greens, eggs, flaxseed, herring, kale, kelp, legumes, liver, milk, nuts, oatmeal, olive oil, salmon, sardines, seeds, spinach, sprouts, sweet potatoes, tuna, turkey, turnips

Source: *Eat and Heal* by FC & A Medical Publishing

Choices in Treatment

Acupuncture
Aromatherapy
Art & Music therapy
Biofeedback, CBT
Craniosacral therapy
EFT, Faith Healing
Flower Essence therapy
Herbs, Homeopathy
Hydrotherapy
Hypnosis, Light therapy
Massage therapy
Orthomolecular
Physical therapy
Psychotherapy
Recreation therapy
Sandplay therapy

Activism & Advocacy

Mental Health Recovery & WRAP
P.O. Box 301
W. Dummerston, VT 05357
Phone: (802) 254-2092
mentalhealthrecovery.com

Mary Ellen Copeland promotes personal, organizational and community wellness and empowerment.

WRAP is the Wellness Recovery Action Plan designed by you.

Coping Skills

Creative activities
Entertaining friends
Giving a massage
Inspirational reading
Jam Session
Keeping a Journal
Nature hikes
Storytelling & Travel
Volunteering

National Empowerment Center
599 Canal Street
Lawrence, MA 01840
Phone: (800) power2u
www.power2u.org

Dr. Daniel Fisher and the NEC demonstrate peer support through Personal Assistance in Community Existence (PACE).

Nat'l. Mental Health Consumers' Self-Help Clearinghouse
1211 Chestnut Street Suite 1207
Philadelphia, PA 19107
Phone: (800) 553-4539
www.mhselfhelp.org

Joseph Rogers founded the first national technical assistance center.

"Birds sing after a storm. Why shouldn't we?" ~ *Rose Fitzgerald Kennedy*

Songbird

Up before the crack of dawn
the nestling sings its melody
At home high in the branches
She announces a new day
By Denise Fletcher © 2007

Suggested Reading

Depression Free, Naturally by Joan Mathews-Larson

Fight for Your Health by Byron Richards

Mad in America by Robert Whitaker

Prescription for Nutritional Healing by Dr. James Balch

Touched with Fire by Dr. Kay Redfield Jamison

Minnesota Connection

Consumer Survivor Network of Minnesota
1821 University Ave. W., Suite S-160
St. Paul, MN 55104
Phone: (651) 637-2800
Website: www.mhcsn.net

Dedicated to advocacy, self-help, education and the fight against discrimination.

Health Recovery Center
3255 Hennepin Ave. S.
Minneapolis, MN 55408
Phone: (612) 827-7800
Website: www.healthrecovery.com

Joan Mathews-Larson teaches Orthomolecular medicine to correct emotional imbalances.

Suggested Websites

Alternative Medicine
alternativemedicine.com

Greenspiration
www.greenspiration.org

MindFreedom International
www.mindfreedom.org

National Icarus Project
theicarusproject.net

Orthomolecular Medicine
www.orthomolecular.org