

FACTS ABOUT RECOVERY, INC.

Recovery Inc. is an international, non-profit, community-based organization, founded in 1937 by the Late Abraham A. Low, M.D., a Chicago neuropsychiatrist. Its goal is to help people with nervous and emotional disorders reduce their suffering and improve their mental health. Weekly group meetings offer a system of self-help techniques which members learn and then practice in their daily life. These techniques are referred to as the **Recovery Method**.

The group leaders are experienced members who practice and can demonstrate the self-help techniques. They are authorized annually by Recovery's board of directors and receive ongoing leadership training.

Meetings are attended by adults from all walks of life. Supportive relatives and friends are welcome to attend along with health care providers and clergy persons.

The Recovery Method...

- is based on cognitive / behavioral principles.
- Consist of practical techniques that identify and manage negative thoughts, feelings, beliefs and behavioral habits.
- Can be used on its own or in conjunction with professional help or medication.

Recovery helps people who struggle with...

- Nervous symptoms including headaches, stomach distress, heart palpitations; dizziness, sweats, low energy, shortness of breath, sleep problems and feelings of unreality.
- Anger, panic, anxiety or depression.
- Obsession, compulsions, phobias or disturbing thoughts and / or sensations.
- fears of being alone or in crowds of people, traveling, closed or open spaces and the fear of making mistakes.
- addiction problems coupled with emotional difficulties (many people attend both Recovery and a 12-step program without any conflict).

Group meetings offer...

- **Reassurance** through meeting friendly people with similar problems who have found a way to live a more healthy life.
- **Understanding** of each other's feelings and struggles.
- **A safe place** to voluntarily express feelings and fears without being judged.
- **Acceptance and emotional support** that may be lacking at home, school or work.
- **Fellowship** with caring people; and
- **Encouragement** to keep trying.

Recovery meetings are available in about 700 locations in the USA, Canada, Ireland, Wales, Spain, Israel and Puerto Rico. They are held in public buildings and last about two hours. There is no required fee, but rather a freewill offering is suggested. Those unable to contribute are still encouraged to attend.

Meeting places may be located in the local telephone directory, by contacting Recovery Headquarters at 802 N. Dearborn Street, Chicago, IL 60610, calling headquarters at (312) 337-5661 or on the website: www.recovery-inc.com

Recovery, Inc. is not a substitute for professional care or medication. Diagnoses, therapy and counseling are not offered. Neither does it offer religious training.

