



Recovery Stories



Inspiring voices of recovery

Are you recovering from mental distress?

Are you part of a group of people recovering from mental distress?

Are you supporting people in recovery?

We are looking for individuals or groups of people who would share their experiences of living with mental health problems and their unique journeys of recovery or discovery?

We are gathering mental health personal stories and recovery narratives. These can be expressed in a variety of creative forms. Stories will be published on Recovery South West's website to increase people's hope and enhance wellbeing.

To find out more, contact us at:

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