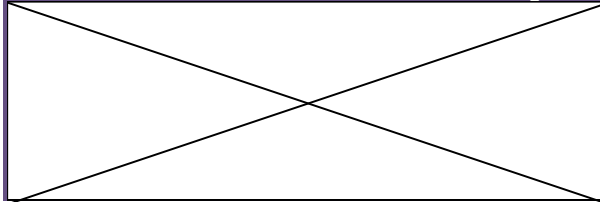


Websites on Recovery



Statewide Support and Advocacy Organizations in Illinois

[National Alliance on Mental Illness Illinois](#) -Dedicated to improving the lives of individuals and families affected by mental illness - Springfield, IL. You can find an affiliate in your area.

[Depression Bipolar Support Groups/Chapters in Illinois](#) Click on the state of Illinois and also online groups

[Mental Health America of Illinois](#) promotes mental health, the prevention of mental illnesses and helps to improve care and treatment for persons suffering from mental and emotional disorders.

[Health & Disability Advocates \(HDA\)](#) is committed to protecting the rights of children, people with disabilities, and low-income older adults.

[GROW in America](#), PO Box 3667, Champaign, IL 61826; Phone: 1-888-741-GROW: Call to find out the closest support meeting in your local community.

Recovery & Wellness Tools

[Wellness Recovery Action Planning \(WRAP®\)](#), developed by Mary Ellen Copeland, is Illinois' statewide recovery curriculum. This evidenced based system is used worldwide by individuals seeking wellness for mental health as well as other health conditions.

[The Illinois Mental Health Collaborative for Access and Choice](#) has an extensive library of tools under Achieve Solutions in the consumer and family section.

[Depression Bipolar Support Alliance Wellness Tools](#)

SAMSHA Self-Help Publications Several self-help guides are available for download that include building self-esteem, making and keeping friends, recovering your mental health, speaking out for yourself, developing a recovery and wellness lifestyle, dealing with the effects of trauma, and more.

[University of Chicago National Research and Training Center](#) : Self-determination Tools

[Ottawa Decision Guide](#) takes individuals facing tough health or social decisions through 4 steps in decision making.

[BU Center for Psychiatric Rehabilitation's Repository of Recovery Resources](#) is a one-stop source of information that can be used: to promote and create recovery-oriented mental health systems; and to increase awareness and understanding of the concept and reality of recovery

[International Guide to the World of Alternative Mental Health](#) is the world's largest site on non-drug approaches for mental health.

[Choices In Recovery](#) offers tools and strategies for success for the mental health recovery process.

Recovery: Living, Working, and Health

[The Temple University Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities](#) You can download a very useful document "A Practical Guide for People With Mental Health Conditions Who Want to Work"

[Work and Disability](#) is The Social Security Administration's page for individuals receiving social security benefits and are interested in going back to work.

[Ability Links](#) is the job opportunity website for persons with disabilities and inclusive employers.

[The Center for Reintegration: Back to Work Back to Life](#) helps by offering tools and resources to help smooth your journey down the road to recovery. Scholarship program is available to apply for.

[The Institute for Community Inclusion](#) offers training, clinical, and employment services, conducts research, and provides assistance to organizations to promote inclusion of people with disabilities in school, work, and community activities. Tools for individuals are also available.

Recovery (Peer) Support Services

[The Illinois Certification Board](#) is the credentialing association for the Certified Recovery Support Specialist (CRSS) credential.

[The Illinois Mental Health Collaborative for Access and Choice](#) has the latest information on the Illinois Model of the Certified Recovery Support Specialist (CRSS) Credential.

[International Association of Peer Supporters](#) is dedicated to promoting the use of peer support services worldwide.

[Recovery Innovations](#) offers education and training on peer employment and developing a peer workforce.

[Intentional Peer Support](#) is a way of thinking about and intentionally inviting powerfully transformative relationships among peers.

(see section of National Recovery Leaders for Peer-Run TA Centers)

National Recovery Leadership: Advocacy, Education, and Technical Assistance

[The National Empowerment Center](#) is a consumer/survivor/expatient-run organization, carrying a message of recovery, empowerment, hope and healing to people with lived experience with mental health issues, trauma, and and/or extreme states. NEC is one of SAMHSA's peer-run technical assistance centers.

[National Mental Health Consumer's Self-Help Clearinghouse](#), one of SAMSHA's five peer run technical assistance centers. provides constituents with newsletters, toolkits and other forms of information to keep them up to date on important issues.

[The STAR Center \(Support, Technical Assistance and Resources\)](#) assists consumer-operated and consumer-supporter programs in meeting the needs of under-served populations. It is one of SAMSHA's 5 peer-run technical assistance centers.

[Peerlink National Technical Assistance Center](#), one of SAMSHA's five peer run national technical assistance centers, focuses its efforts on providing information, training and technical assistance that will facilitate peer run programs to take next steps in the evolution of their programs.

[The Café TA Center](#) is one of SAMSHA's five peer run national technical assistance centers. Provides technical assistance, training, and resources on effective consumer directed approaches for adults with serious mental illnesses.

[The Institute for Recovery and Community Integration](#) introduces and advances the principles of mental health recovery and peer support.

[The Research and Training Center for Pathways to Positive Futures](#) aims to improve the lives of young people, ages 14-30, who have serious mental health conditions.

[The National Center for Post Traumatic Stress Disorder](#) is a center of excellence for research and education on the prevention, understanding, and treatment of PTSD.

[Temple University Collaborative on Community Inclusion for Individuals with Psychiatric Disabilities](#) provides a variety of useful information about community participation and community integration for individuals with psychiatric disabilities.

[Suicide Prevention Resource Center](#) promotes a public health approach to suicide prevention.

Federal Agencies

SAMHSA (Substance Abuse and Mental Health Services Administration)

SAMHSA provides leadership and devotes its resources - programs, policies, information and data, contracts and grants- toward helping the Nation act on the knowledge that: behavioral health is essential for health; prevention works; treatment is effective; and people recover from mental and substance use disorders.

- [SAMHSA](#) maintains an extensive database of publications. Some can be ordered and most publications are downloadable. You can also order publications by calling 1-877-SAMHSA-7 (1-877-726-4727) and pressing 1 for publications.
- [BRSS TACS \(Bringing Recovery Support to Scale Technical Assistance Center Strategy\)](#) promotes the widespread adoption of recovery-oriented supports, services, and systems for people in recovery from substance use and/or mental health conditions.
- [SAMHSA's Resource Center to Promote Acceptance, Dignity and Social Inclusion Associated with Mental Health \(ADS Center\)](#) Counters prejudice and discrimination associated with mental illness by Sharing ideas about what works, Promoting best practices, and connecting people and programs
- [The SAMHSA-HRSA Center for Integrated Health Solutions \(CIHS\)](#) promotes the development of integrated primary and behavioral health services to better address the needs of individuals with mental health and substance use conditions
- [Recovery to Practice: Bridging People, Knowledge, Tools, and Experience:](#) incorporates the vision of recovery into the concrete and everyday practice of mental health professionals in all disciplines.
- [SAMHSA's Gains Center for Behavioral Health and Justice Transformation](#) primary focus is on expanding access to community based services for adults diagnosed with co-occurring mental illness and substance use disorders at all points of contact with the justice system. They have also developed a comprehensive database to identify the existing mental health courts in the United States.
- [Homelessness Resource Center](#) is an interactive learning community dedicated to disseminating knowledge and best practices to prevent and end homelessness. It includes providers, consumers, policymakers, researchers, and public agencies at Federal, State, and local levels.
- [SAMHSA's National Center for Trauma-Informed Care \(NCTIC\)](#) is a technical assistance center dedicated to building awareness of trauma-informed care and promoting the implementation of trauma-informed practices in programs and services.

[U.S. Social Security Administration](#)

[U.S. Department of Justice American with Disabilities Act](#) provides information and technical assistance on the American with Disabilities Act

[Disability.gov](#) is the federal government website for comprehensive information on disability programs and services in communities nationwide. New information is added daily across 10 main subject areas - ***Benefits, Civil Rights, Community Life, Education, Emergency Preparedness, Employment, Health, Housing, Technology and Transportation.***