

# RECOVERY STORIES

Many people describe the process of developing and sharing a personal story as helpful in supporting their own recovery. Developing a recovery story can provide an opportunity to review the past and identify the things that have gone well and can create a sense of meaning and direction.

**Scottish Recovery Network**



## Stigma Free Lanarkshire

To find out more or get involved, whether that means telling your story or supporting someone to tell their story, please get in touch:

**email**

Rosie.LRN@lanarkshirelinks.org.uk  
Avril.LRN@lanarkshirelinks.org.uk

**phone**

(01698) 265 232

