



## Goals & Domains – Ready Reckoner

**Understanding** – supporting the person to understand their mental health, mental ill-health and recovery

**Identity** – support the person to regain a positive sense of self and identity, overcoming stigma and being recognised as a whole person – rather than being defined by illness or diagnosis

**Hope** – supporting the person to gain or maintain hope in their recovery and combat stigma through knowledge and your own recovery stories

**Treatment** – supporting the person around their current treatment plan and choices

**Accommodation** – supporting the persons accommodation choices and making the best of it

**Financial Security** – supporting the person to increase knowledge and choice around their financial situation

**Love & relationships** – supporting the person around connections to family and friends if this is important to their recovery

**Being Healthy (physical & emotional wellbeing)** – support the person to understand the importance of physical activity and good nutrition along with emotional wellbeing strategies like mindfulness

**Having fun** (recreation & leisure) – support the person to rediscover recreation and leisure pursuits

**Social & Community Life (connectedness)** – support the person to understand that being connected to other people has been found to be important to people's recovery

**Always Learning** – support the person to understand that learning never need stop, can be part of a lifelong journey and is a positive part of many people's recovery stories

**Working** – support the person if paid or unpaid work is important to them to seek out options

**Helping Others** – helping others can be a powerful part of recovery, support the person to engage in activities that can help others (see working) as well as looking for opportunities for them to help you

**Independence** – always support and respect the person's independence, their choices and decisions particularly after you have helped them fully understands the pros and cons of any action. Always look for opportunities that empower the person (see Helping Others & Working) and recognizing when Peer Work is not necessarily an ongoing part of their recovery story

**Spirituality** – support the person to connect or reconnect spiritually if they see this as important to their recovery

**Grief & Loss** – support the person to understand change, grief and loss as normal and part of the recovery journey including the role of services and supports like SMHSOP and Peer Work.