Emotional Stages of Recovery

NAMI is here for you at every stage.

I. Dealing with Catastrophic Events
   Crisis/Chaos/Shock Support
   Denial; “Normalizing” Comfort
   Despair; Detachment

II. Learning to Cope
   Anger/Guilt/Resentment
   Recognition
   Grief

III. Moving into Advocacy
   Understanding
   Acceptance
   Advocacy/Action

Needs
   Support
   Comfort
   Empathy for current situation
   Help finding resources
   Crisis Management
   Reassurance
   Empathy for pain
   Permission to be numb
   Hope

Needs
   To permit and vent feelings
   Education
   Self-care
   Networking
   Skill training
   To let go
   To learn the system
   Hope

Needs
   To restore balance in life
   Responsiveness from the system
   To find meaning
   A sense of empowerment
   Activism
   Hope