Emotional Stages of Recovery

NAMI is here for you at every stage.

I. Dealing with Catastrophic Events
   Crisis/Chaos/Shock
   Denial; “Normalizing”
   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