# Emotional Stages of Recovery

NAMI is here for you at every stage.

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

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

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

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

## III. Moving into Advocacy
- Understanding
- Acceptance
- Advocacy/Action

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