

Where to start?

- 1) Visit our website, or call us at 312-337-5661 to learn more.
- 2) Participants are encouraged to begin by attending **Newcomer Meetings**, held online via Zoom or by telephone, to learn the basics of the RI Method. Visit *RecoveryInternational.org* and click on *Getting Started* to learn more, or call us!
- 3) Check the **Meetings** page of the RI website for more information about the schedule of meetings.

Would you like brochures or rack cards for your office? We are happy to supply them at no charge. Just call us, or email info@RecoveryInternational.org.

Recovery International

Recovery International is often considered the best-kept secret in mental health services. We have served hundreds of thousands since our founding in Chicago in 1937. A 501(c)(3) non-profit organization, we depend on donations from our participants and supporters, and dedicated hours of service from our many volunteers, to provide our meetings and programs.



Contact Us

Recovery International

1415 W. 22nd St. Tower Floor
Oak Brook, IL 60523
Phone: 312-337-5661
E-mail: info@RecoveryInternational.org

San Diego, CA Office: 619-383-2084



Spanish-language meetings also available.

- [Español@RecoveryInternational.org](mailto:Espanol@RecoveryInternational.org)
- *En Español: 619-383-2056*
- RecoveryInternational.org/spanish-materials/

24-hour recorded Dial-a-Spot Helpline
312-448-9387

www.RecoveryInternational.org

Recovery International

An Introduction For Professionals

Peer-led Support Groups for your Clients,
Teaching Cognitive Behavioral Tools
for Better Mental Health



Since 1937

RecoveryInternational.org

About Recovery International

Everyone needs a variety of tools to manage their mental health, whether dealing with mental health struggles or everyday stress. Recovery International's educational peer-led self-help program provides structured cognitive behavioral techniques to help people lead more peaceful and satisfying lives. We offer peer-led support groups, available through Zoom, telephone, or in some locations, in-person. RI can be an important adjunct to professional care, or can be used on its own to help manage everyday stressors.

The 4-Step Method

In RI, participants learn a 4-Step Method to develop skills to better manage their internal environments — what we have control over. The Method distinguishes between the internal environment — what we can control, and the external environment — what we cannot control.

The 4-Step Method helps people manage their thoughts, impulses, and symptoms. With practice, the repeated use of the 4-Steps becomes habitual, a clear and effective approach to managing daily stressors. The Method allows you to:

- Report a situation, rather than complain about it;
- Describe symptoms, rather than interpret them;
- Practice simplicity, rather than complexity;
- See progress made!

The History of RI

Recovery International was founded in 1937 using the principles taught by Chicago neuropsychiatrist Dr. Abraham Low. RI offers hundreds of tools to deal with common life occurrences. The stress of everyday events can add up. Tasks that can seem easy to handle when life is going well can feel overwhelming when stress starts to accumulate. By learning to manage “the small stuff” using RI's cognitive behavioral techniques, the larger things can become easier to manage, too.



What We Offer Your Clients:

- ✓ A great adjunct to therapy, or can be stand-alone peer-led group work
- ✓ For adults ages 18 and up
- ✓ No insurance or referral needed. While voluntary donations are encouraged at meetings, everyone is welcome regardless of ability to contribute.
- ✓ Teaches your clients cognitive-behavioral tools they can apply to their lives every day.
- ✓ With meetings available by Zoom, telephone, or in-person in some locations, this program is accessible to almost anyone.
- ✓ Meetings are available 7 days a week, so if someone is having a challenging day, they can find a meeting.
- ✓ Professionals are welcome to check us out by attending a meeting to learn more, or contact us with your questions.