

RECOVERY HELPS PEOPLE...

- Feel less helpless;
- Find hope;
- Develop a stronger sense of peace;
- Increase energy and productivity;
- Improve attitude at home & work;
- Restore mental balance;
- Gain self-acceptance;
- Improve relationships;
- Be kinder to one's self and others;
- Attain confidence.

Everyone needs a variety of tools to manage their mental health, whether struggling with mental health issues or dealing with everyday stress.

Recovery International's peer-led self-help program provides structured cognitive behavioral techniques to help people lead more peaceful and satisfying lives. RI can also be an important adjunct to professional care, when that is needed.

Leaders with lived experience and training facilitate the groups. They lead because of their own experience in discovering the benefits of RI's 4-Step Method.

MEETINGS OFFER...

- People who understand;
- Hope from others who have found greater peace in their lives;
- Support and acceptance;
- Encouragement to keep trying;
- A safe place to express yourself without being judged.



Recovery International

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E-mail: info@recoveryinternational.org

San Diego, CA Office: 619-383-2084

24 Hr. Recorded Dial-a-Spot:
312-448-9387

Spanish-language meetings available.

Espanol@RecoveryInternational.org

En Español: 619-383-2056



Recovery International

If you or someone you know struggles with:

- | | |
|--------------|----------------|
| • Anxiety | • Panic |
| • Stress | • Frustration |
| • Fear | • Worry |
| • Tension | • Helplessness |
| • Depression | • Anger |

You are not alone.

Recovery International is here to help.



RecoveryInternational.org



ABOUT US

Recovery International was founded in 1937 using the principles taught by Chicago neuropsychiatrist Dr. Abraham Low. RI offers hundreds of tools to deal with everyday life occurrences. The stress of things that seem small, like trivialities, can add up. Tasks that can seem easy when life is going well can seem insurmountable once stress grows.

In RI, participants learn a 4-Step Method to develop skills to better manage our internal environments — what we have control over. When we learn how to manage our emotions and physical symptoms, we can gain greater control over how we relate to others and the world.



4-STEP METHOD

The 4-Step Method helps people manage their thoughts, impulses, and symptoms. Repeated use of the 4-Steps becomes a habit, allowing you to take a clear and effective approach to managing daily stressors. The Method allows you to:

- Report a situation, rather than complain about it.
- Describe your symptoms, rather than interpret them.
- Practice simplicity instead of complexity.
- See the progress you have made!

SOME RI “SPOTS” TO EMPOWER YOU

- When feeling overwhelmed, do things in part acts, or “one step at a time.”
- Try, fail; try, fail; try, succeed.
- Calm produces calm. Temper produces temper.
- Be self-led, not symptom-led.
- Feelings are not facts.
- Replace an insecure thought with a secure thought.
- Have the courage to make a mistake.
- Temper is our worst enemy. Humor is our best friend.
- If you can’t change a situation, you can change your attitude toward it.
- A sense of humor is a strong antidote against fear.
- Helplessness is not hopelessness.

OUR MEETINGS

There are three types of meetings offered.

- **Online** – Zoom meetings are offered seven days a week.
- **Telephone** – Join a meeting that is conference-style via your phone.
- **In-Person** – Offered in a variety of locations. Check our website to see if there is a meeting near you.

New participants are encouraged to begin by going to our Welcome Meetings for Newcomers to learn the basic RI Method.

Visit RecoveryInternational.org and click on *Getting Started* to learn more — or call us!

Check the *Meetings* page of the website to learn more about the variety and schedule of meetings offered.

While voluntary donations are encouraged at meetings, everyone is welcome regardless of ability to pay. No insurance or medical referral is required.

Memberships in RI are also available that provide additional benefits. Donations and memberships sustain the work of Recovery International, a 501(c)(3) non-profit organization.

Please visit our website or phone 312-337-5661 for more information.

[Recovery International.org](https://RecoveryInternational.org)