



“Recovery”

Recovery refers to the personally contextualized, self-determined journey to well-being when a person has a mental disorder, a chronic physical health condition, or chronic pain.

Although there is no universally agreed-upon definition for the term recovery, the concept is widely endorsed.

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Enhancing Mental Health Literacy

“Recovery”



Recovery is:

- The ongoing process of change that increases a person’s well-being;
- Including symptom reduction, and;
- Allowing for living a meaningful life where the person has positive mental health, is hopeful and optimistic, and;
- Participating and contributing to society, their community, or whatever the individual has defined as a worthwhile endeavour.

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Glossary of Terms

Background

The Glossary of Terms was created to promote a shared understanding of many common terms used to describe mental health challenges arising from exposure to potentially psychologically traumatic events and stressors.

The initial iteration of the glossary was intended to

1. Facilitate open discourse and conversations among the many partners and stakeholders at the National Conference on PTSD held in 2019; and
2. Assist in developing the Federal Framework on PTSD. To date, Act C-211 stands as the only federal government Act that acknowledges the importance of work-related risk factors in the development of PTSD in certain professions.

COLLABORATING

The Glossary of Terms brings together a diverse, multi-institutional, pan-Canadian group of academics, clinicians, and policy makers. Together, we are working towards a broadly accepted set of terms for clinicians, scientists, policymakers, people with lived experience, and the general public.



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