

Judy Bassette, Recovery International - Grand Island

Recovery International program

There are weekly in person meetings available in 6 Western New York communities (North Tonawanda, Tonawanda, Grand Island, Cheektowaga, Wheatfield and West Seneca) for Recovery International which uses a self-help cognitive behavioral method for adults 18 and older who are experiencing difficulty dealing with mental health issues such as depression, anxiety, panic attacks, bipolar disorder, PTSD, fears of all kinds and anger management. Zoom meetings and telephone meetings are available for individuals who lack access to the in-person support groups. All Meetings are peer-led, confidential, and focused on the learning of coping tools that can help participants function in all their daily activities and give them a better quality of life. The only cost is a voluntary free will offering but people may still attend the meetings even if they cannot afford to contribute. The Recovery International self-help method can be used with or without use of medication and with or without counseling. There are similar Recovery International in person, Zoom and telephone meetings available in other areas of New York State.

Although meetings are open for any adult facing mental health challenges, stigma can prevent them from attending meetings in any format. Although Recovery International organization has been in existence for 85 years, when it was founded by the late neuropsychiatrist Abraham A. Low, many mental health sufferers, health care providers, and mental health professional have never heard of it. Awareness of Recovery International and the benefits of its meeting is essential to ensure access to mental health-services at all levels. The meetings do not allow diagnosis, comment on

treatment options, or discussion of medication but they provide support and encouragement in practicing the coping tools.

Additional information is available at www.recoveryinternational.org or by calling Joyce, the Western New York area leader at (716) 438-1479.