

Please use the following links to access the Recovery and Empowerment Handbook. This is a free resource that is provided through the Illinois Department of Human Services Department of Mental Health.

- Illinois Department of Human Services DMH: Recovery and Empowerment Handbook - *located* [HERE](#)
- Departamento de Servicios Humanos de Illinois División de Salud Mental: Manual sobre la recuperación y el fortalecimiento - *ubicado* [aquí](#)

Topics included in the Handbook include:

1. Recovery Support
2. Essentials for Wellness
3. Education, Support, and Advocacy
4. Children, Youth, and Families
5. Illinois Department of Human Services Division of Mental Health Services
6. Choices in Treatment
7. Input is Valued by Division of Mental Health Services (Complaints Process)
8. Rights, Responsibilities and Confidentiality
9. And More!