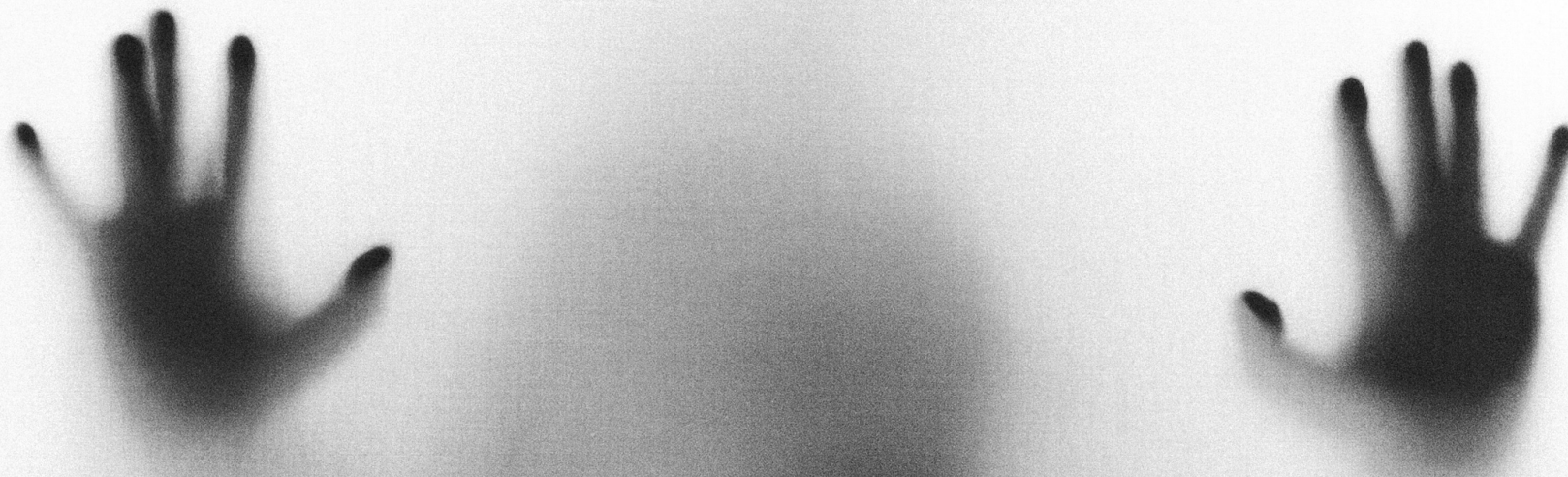


# Mental Health

in Recovery  
and Service



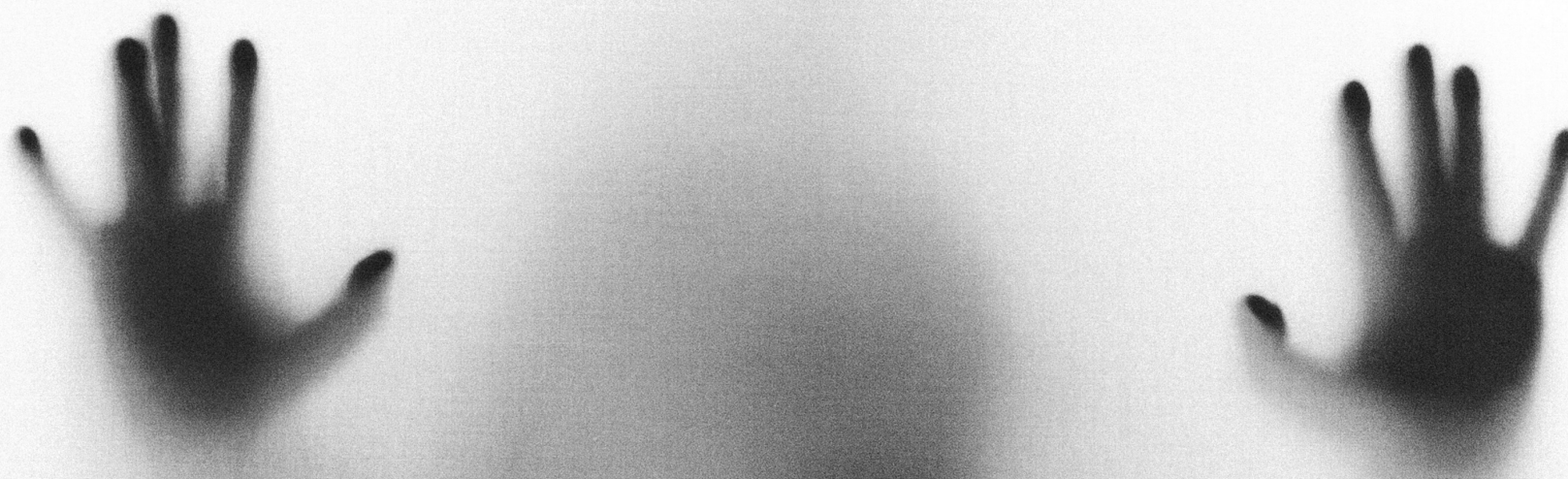


**We make the choice to be a  
positive force in the lives of the  
people around us.**



In Times of Illness

“Supporting Members with Illness”





### **Some quotes from members:**

“Although the specifics of mental health recovery in my life (medication, therapy, and other treatment options) may be outside issues, dealing with my mental health issues and recovery in this arena is as critical to my ability to stay clean and work a program of recovery in Narcotics Anonymous.”

“I struggled for years being more ashamed of my mental health condition than I ever was of being an addict.”

“If I don’t work on both—recovery and mental health—I won’t be successful with either.”

„Today I realize that taking care of my mental well-being is a critical part of my overall recovery, and like everything else, the process of doing so is the solution to my struggles.”

# MENTAL HEALTH and Meetings

Everything we do, everything that matters to us as a Fellowship, comes back to our simple message of hope and freedom...

No one is too sick or too well, too rich or too poor, too far gone or too far away to qualify. It is available to us all.

Guiding Principles, "Tradition Five"





# MENTAL HEALTH and Meetings

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Guiding Principles, “Tradition Five”

## **Question 1:**

Some of our members are effected from a mental illness or are undergoing psychological treatment.

What might be the challenges to share in Meetings about these issues?

Share your experience.

## **Question 2:**

How can we support members in meetings with a mental health issue to feel part of and feel connected?

How do we strive to create a safe and welcoming atmosphere of recovery?



# MENTAL HEALTH and Sponsorship

In sponsoring those whose challenges may differ from ours, we practice unconditional love and bridge the gap between isolation and unity.

IP No. 30





# MENTAL HEALTH and Sponsorship

In sponsoring those whose challenges may differ from ours, we practice unconditional love and bridge the gap between isolation and unity.

IP No. 30

## **Question 1:**

What are the challenges in sponsorship regarding members with mental health illness/crisis?

Share your experience.

## **Question 2:**

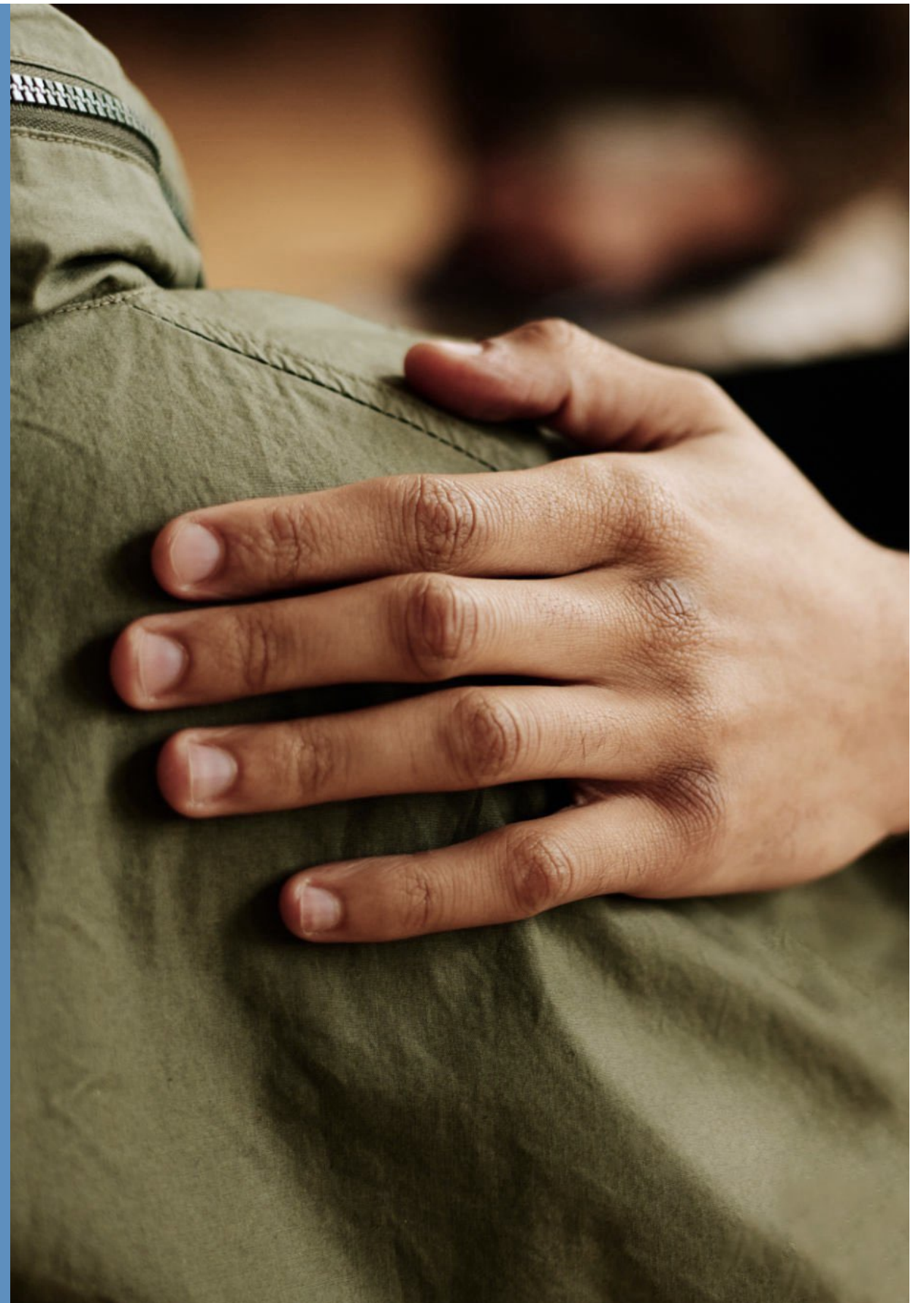
What are best practices as sponsor to support members in times of mental health illness/crises?



# MENTAL HEALTH and Service

„Service is . . . our unique gift - something that no one can take away from us. We give, and we get. Through service, many of us start on the sometimes long road back to becoming productive members of society.“

Just for Today, May 1





# MENTAL HEALTH and Service

„Service is . . . our unique gift - something that no one can take away from us. We give, and we get. Through service, many of us start on the sometimes long road back to becoming productive members of society.“

Just for Today, May 1

## **Question 1:**

What might be the challenges for a member having mental health issues holding a service position?

## **Question 2:**

How can we help/support members with those challenges as individual member and as a group?



# MENTAL HEALTH and Service

Mental illness is real, and can be very serious ...

But it is also essential that we understand that we can feel pretty depressed, anxious, or out of control without having a mental illness.

Living Clean, p. 60,61



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But it is also essential that we understand that we can feel pretty depressed, anxious, or out of control without having a mental illness.

Living Clean, p. 60,61

## **Question 1:**

What in service is causing you stress and discomfort and affects your recovery?

## **Question 2:**

How can we avoid getting burn-out by service demands, in order to maintain our mental health?



# SMALL GROUP DISCUSSION

Try to have as many members as possible share their experience and ideas in response to the question.

Facilitator can ask members to clarify or expand on thoughts, but try to allow everyone to share before debating interpretations.

1. Choose your table
2. Assign a member to collect notes.
3. Take a moment of silence (2 min.) to gather your thoughts, before you start.
4. Compile the relevant notes on a flip chart paper.
5. When you are finish choose someone who present the notes.

IP No. 30

# Mental Health in Recovery





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European Delegates Meeting



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