



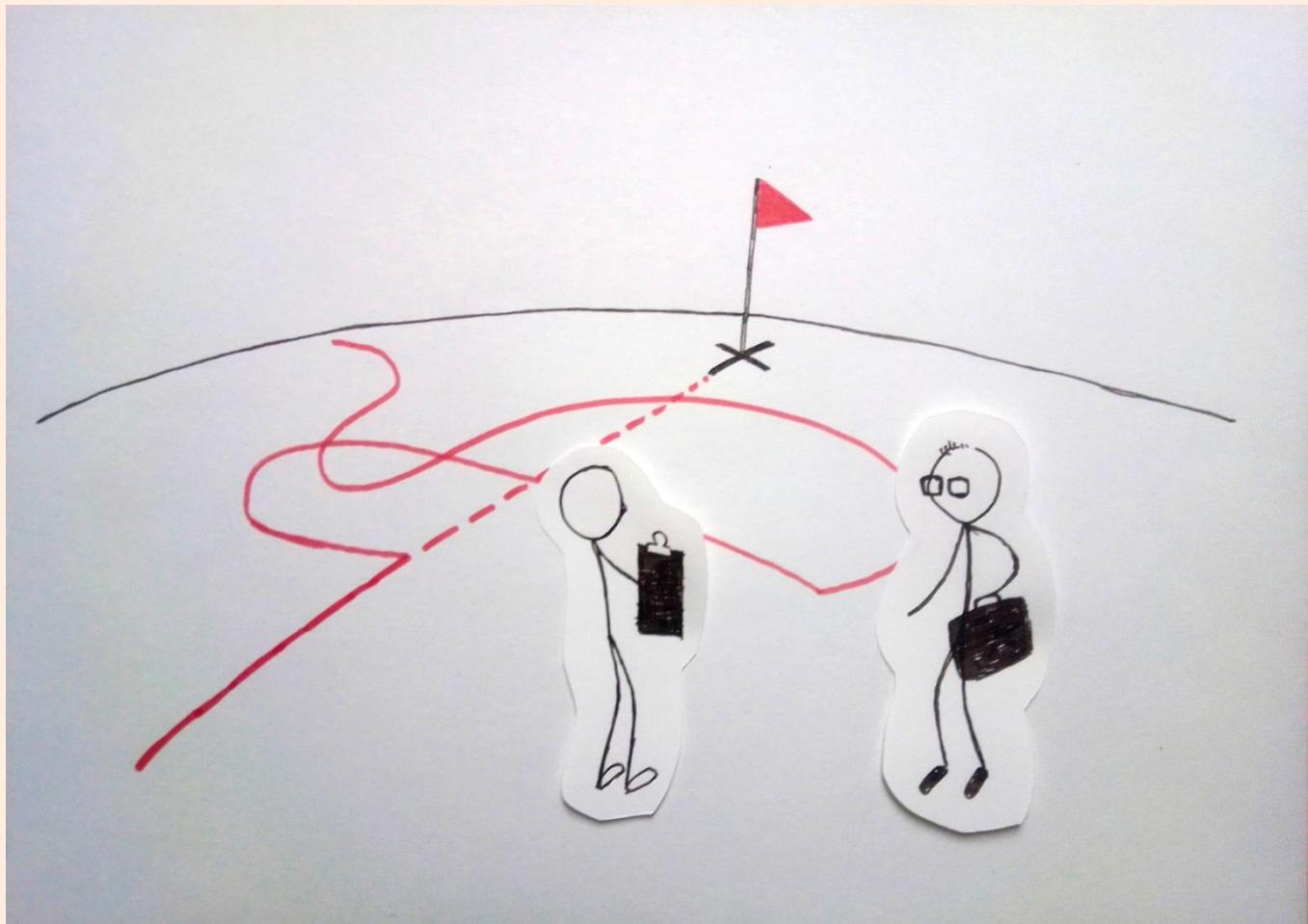
Zelfregie en herstel: een introductie

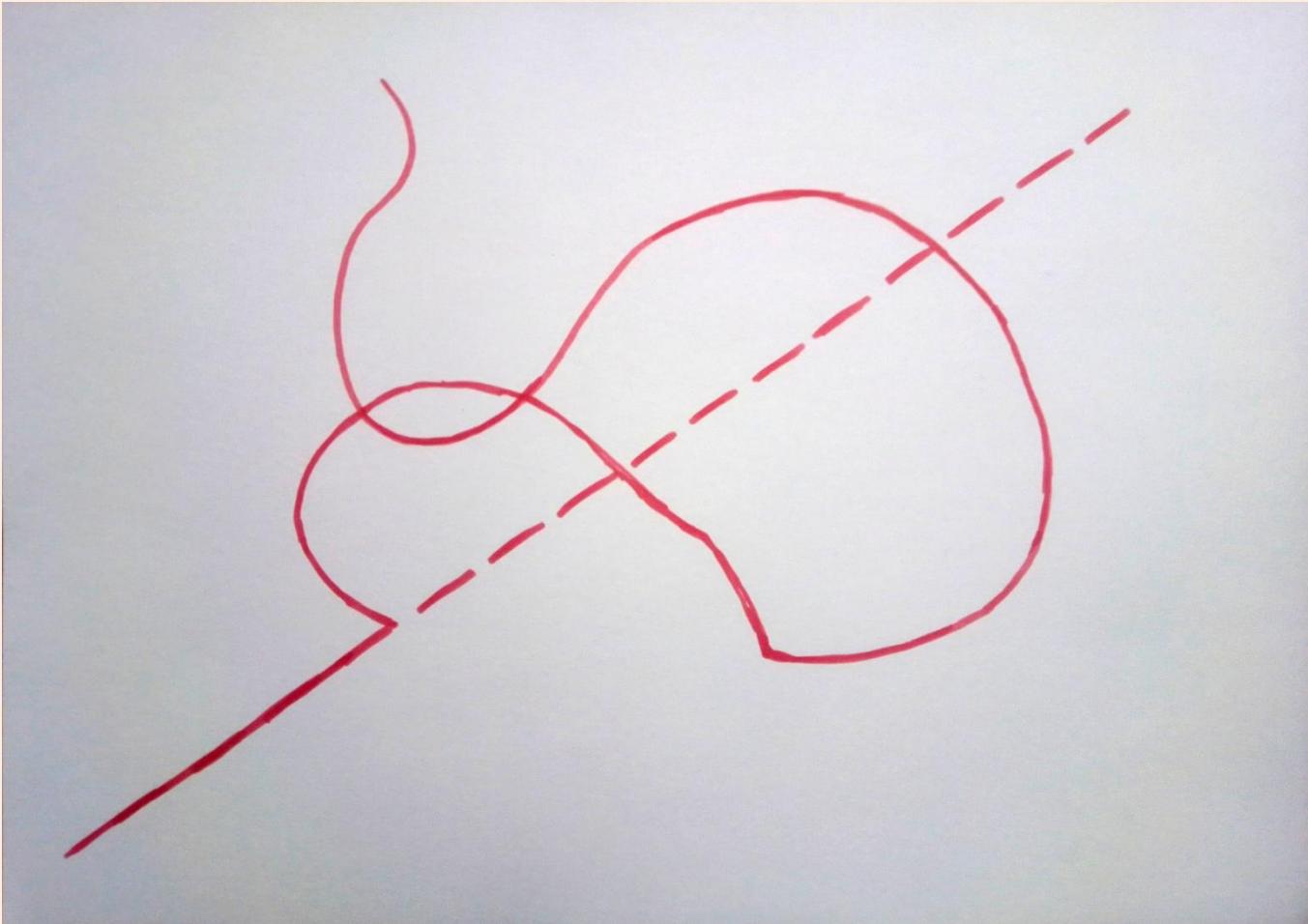


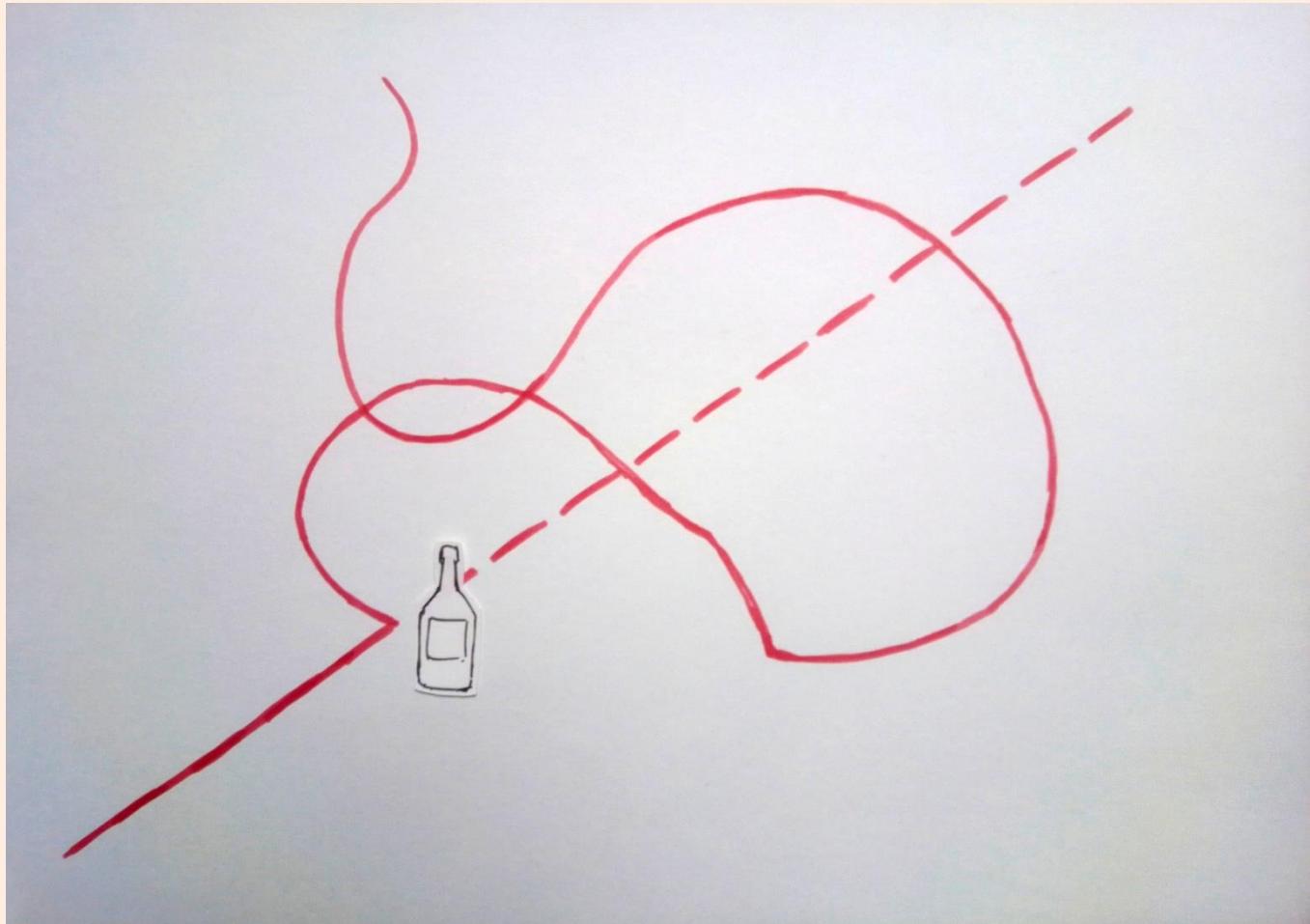
Nederlandse Vereniging voor Zelfregie en Herstel

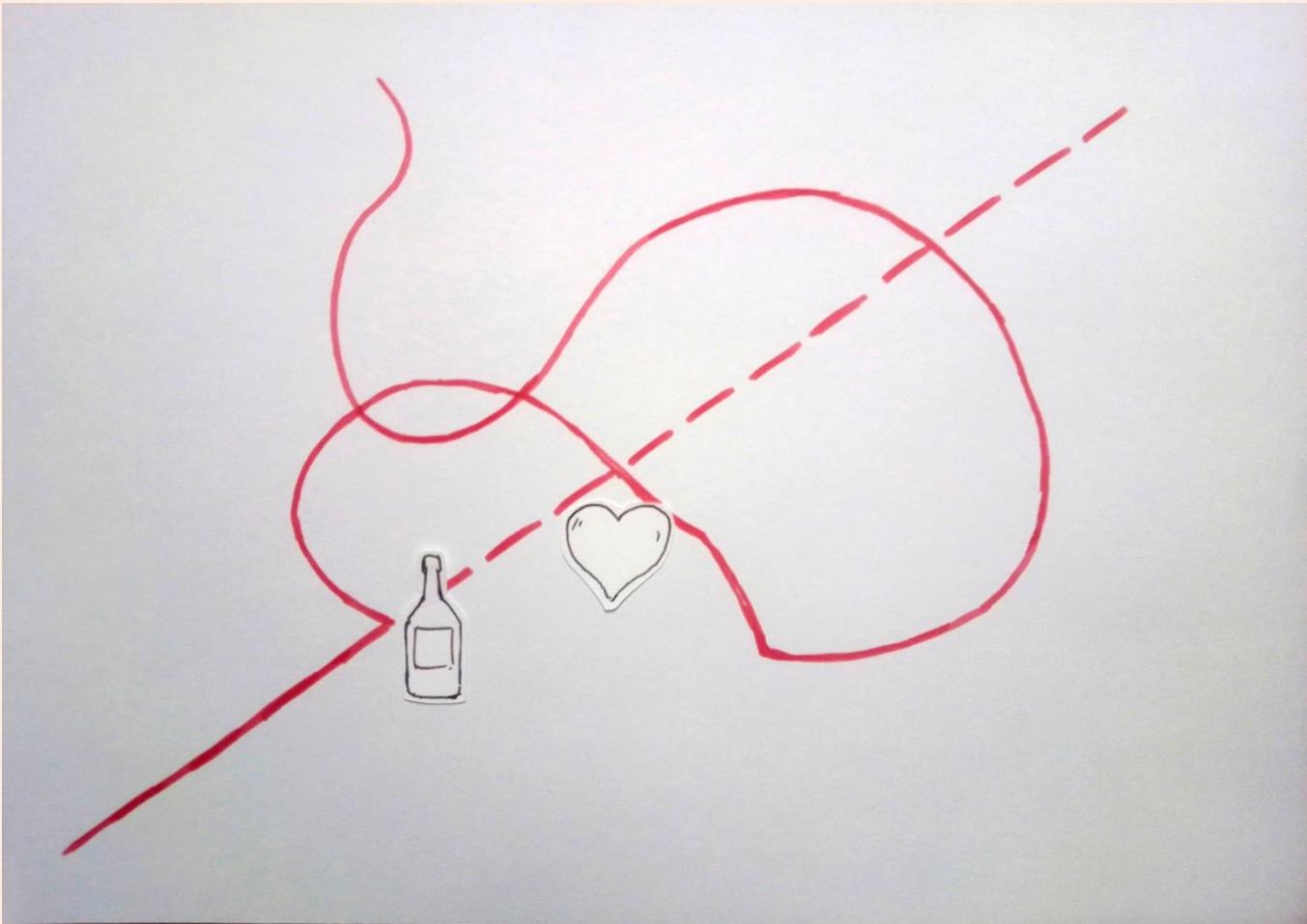


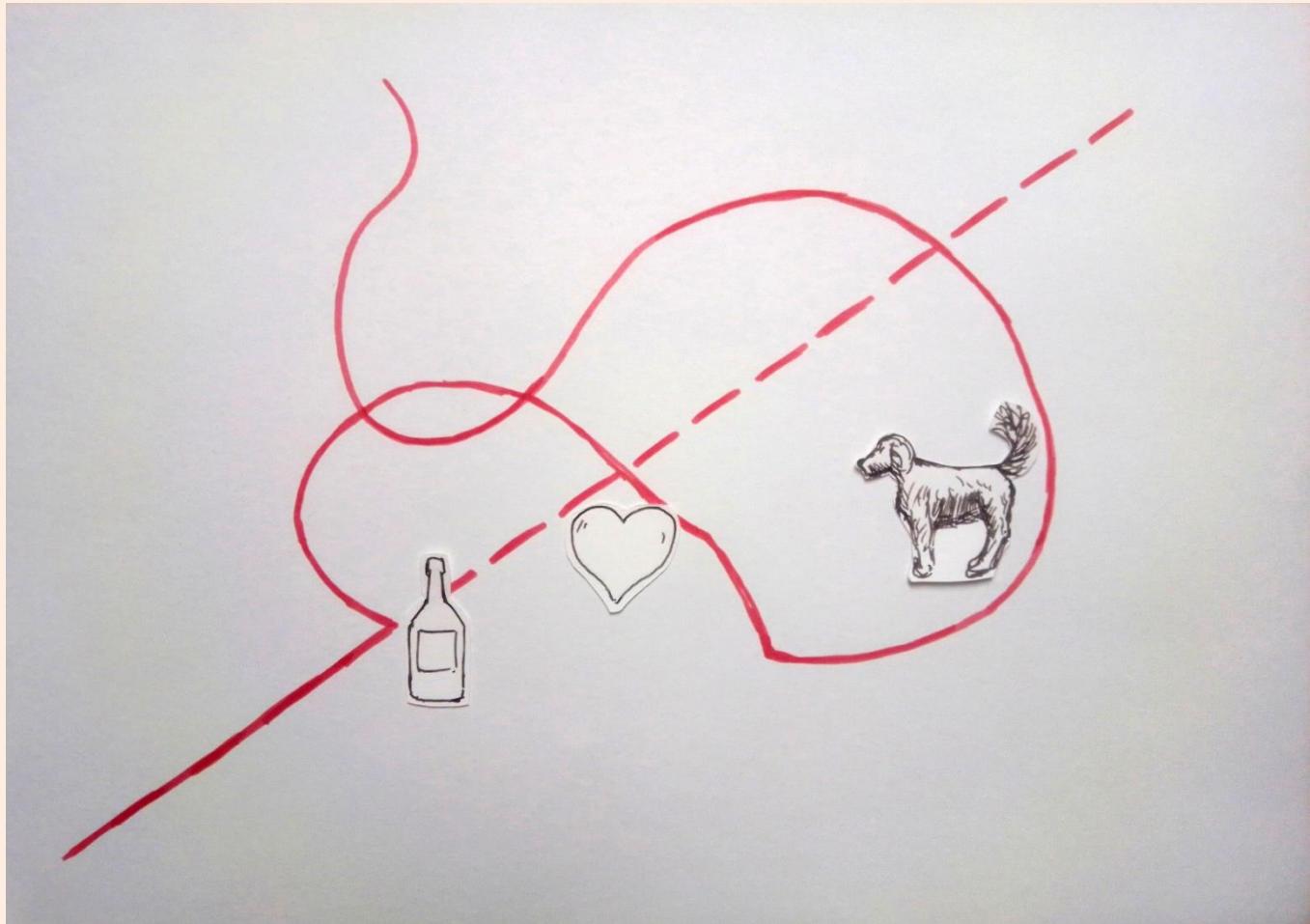


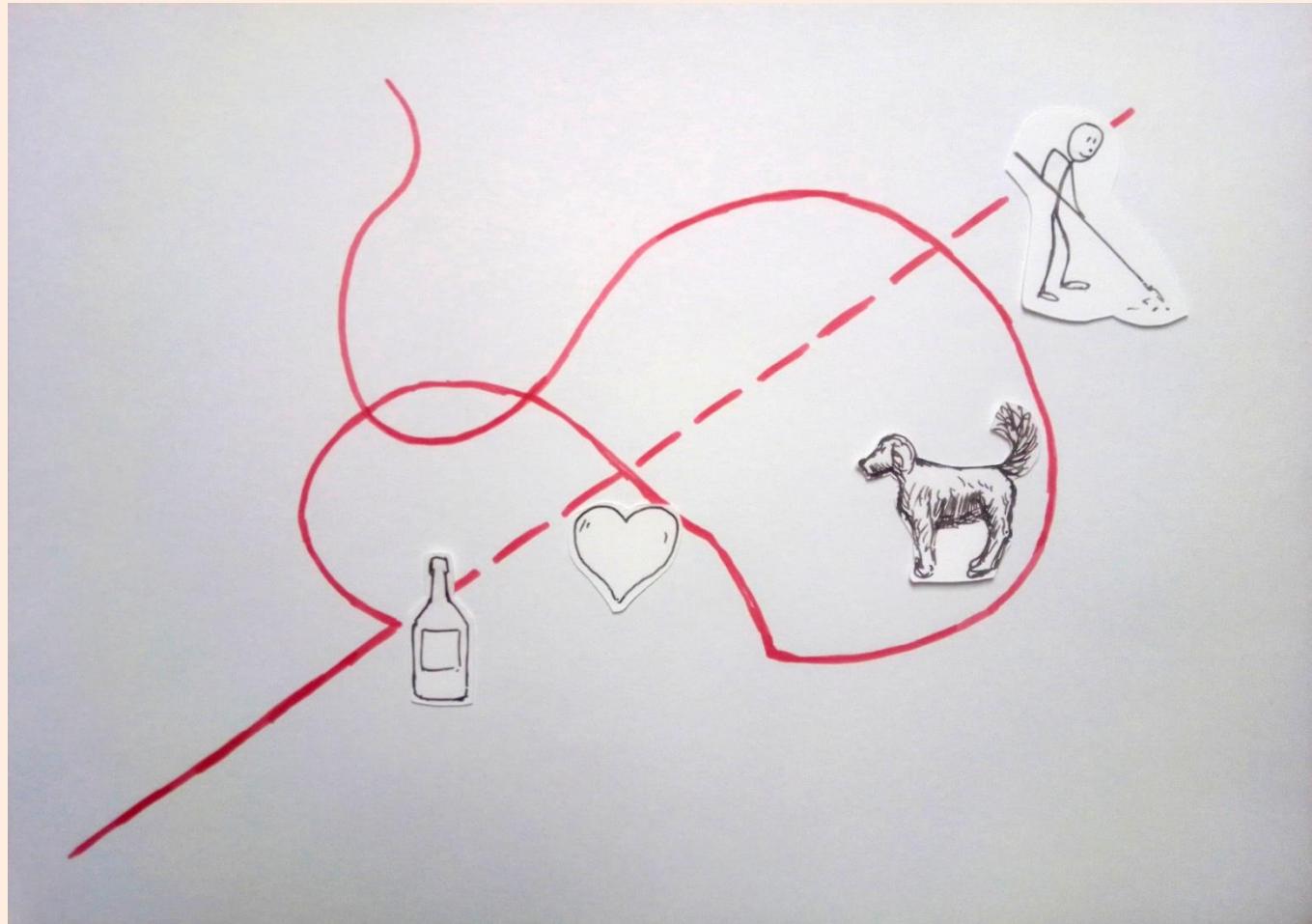


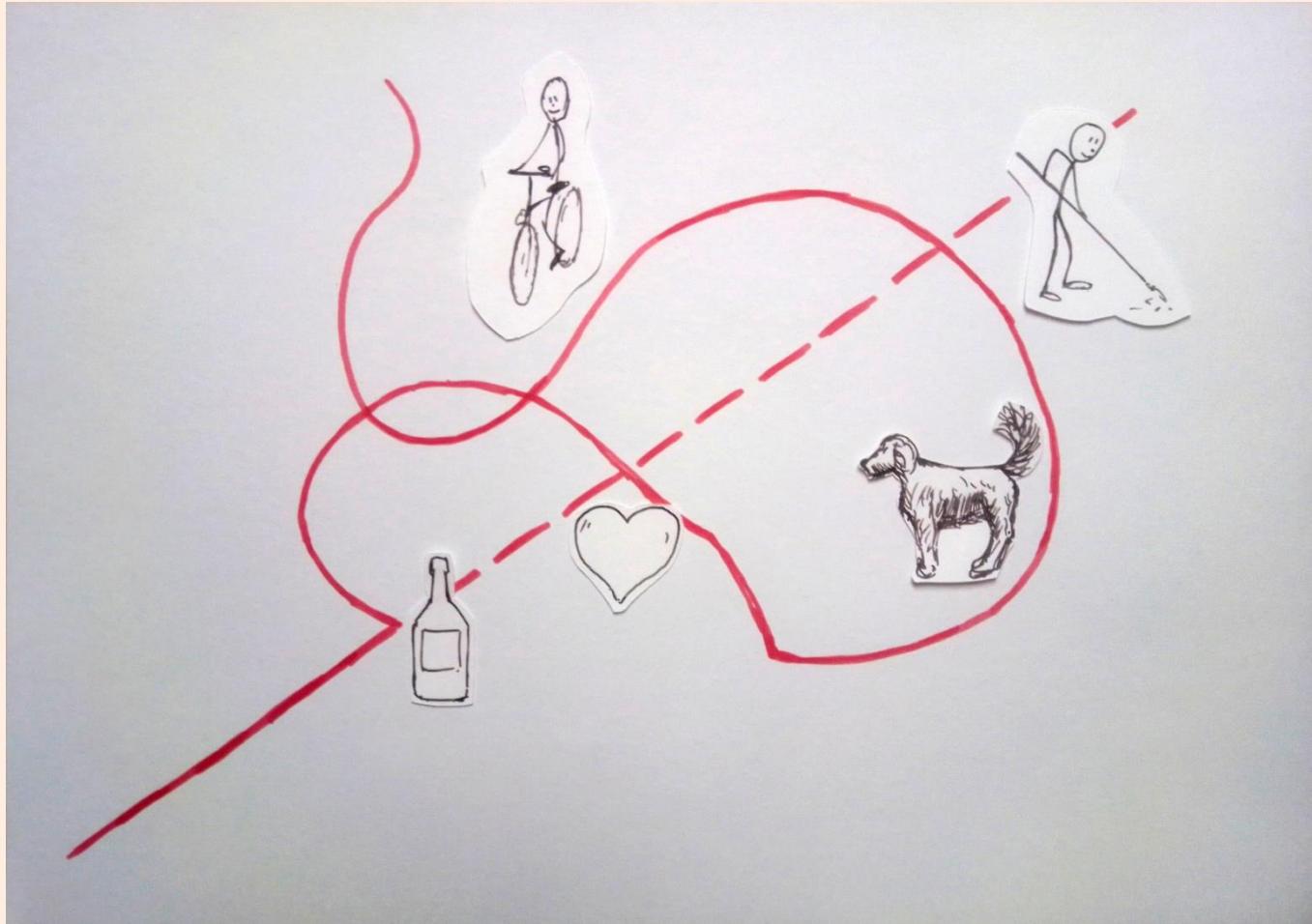






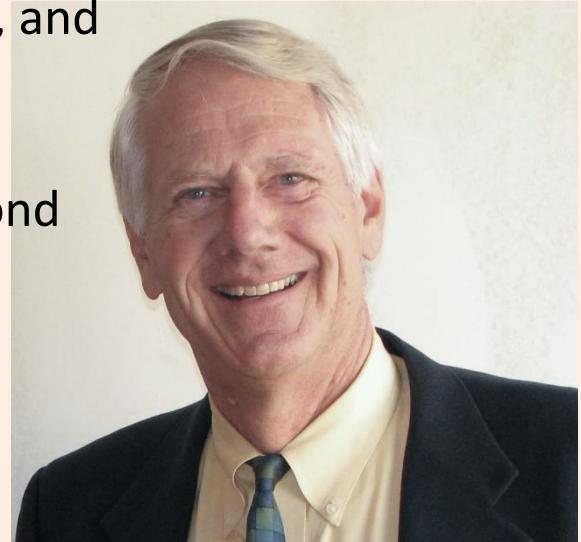








Recovery is a deeply personal, unique process of changing one's attitudes, values, feelings, goals, skills and/or roles. It is a way of living a satisfying, hopeful, and contributing life even with limitations caused by the illness. Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness.





Herstel Empowerment en Ervaringsdeskundigheid (HEE)









- Toegankelijk
- Onafhankelijk
- Ervaringsdeskundigheid
- Gelijkwaardigheid en wederkerigheid
- Vrije ruimte, bottom-up, door en voor
- Integraal aanbod