

How the SRI 2 works

- It puts the focus on the service user and carer perspective. It gives you a voice and a chance to have a say about how things are done.
- It helps you ensure that the services you use are tailored to your own individual needs and circumstances.
- It helps services to inspire hope and optimism and focus on recovery, whilst recognising that this is an ongoing process.

“

SRI 2 helped me get what I want from my service...it's a game changer.

”

What is mental health recovery?

Recovery means being able to live a meaningful and satisfying life, as defined by you, in the presence or absence of symptoms.

Recovery does not mean losing services, income or support. Instead, it involves a partnership; a two-way process between you and the services you use.

**Find out more at
www.sri2.net or
contact us, the
Scottish Recovery
Network (SRN)**

What you can do

Find out more at www.sri2.net or contact us, the Scottish Recovery Network (SRN). We develop and support the SRI 2.

Ask the staff at your mental health service about SRI 2 and their plans to use it. You can give them a copy of this leaflet and ask them to contact us.

Scottish Recovery Network
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**Making the
most of
your mental
health
service**

SRI 2...What's in it for you?

**Information for people using
mental health services and carers**

What is SRI 2?

The Scottish Recovery Indicator (SRI 2) is an online tool designed to help you get the very best from your mental health service. It is supported by the Scottish Government so that people who use mental health services and carers can be involved in the journey towards recovery.

What can it do?

SRI 2 can help you get the kind of mental health service that inspires hope and optimism. The kind of service that honours the expert knowledge you have gained as a person with experience of mental health problems or as a carer. The kind of service that recognises your right to inclusion and that fosters recovery.

SRI 2 will help you influence and improve your mental health service.

www.sri2.net



Recovery

Helps you to define what recovery means to you and supports your plans and goals.

Self Help

The service encourages self help, self management and provides resources that support this.

Person Centred Approach

The service fits with your individual needs and circumstances.

Strengths Based

The service recognises that the people using the service have skills, strengths and abilities as well as needs.

Connected

The service helps you feel connected to your community.

Participation

The service encourages and acts on service user and carer involvement.

Listens

The service listens and responds to you with empathy.

recovery:

living a satisfying and fulfilling life, as defined by you, in the presence or absence of symptoms.



Carers have expert knowledge and the service needs to work with them in partnership. That's what works best for the service user, the carer, the service, everyone.

