

Mental health treatment can take place in a variety of settings, depending on an individual's desires, needs, and preferences. These settings may include a clinic, hospital, a therapist's office, or at home.

Recovery comes in many forms. We often think first about medical and clinical treatment, but a supportive community, a stable and safe home, and purpose are central to beginning and maintaining a cycle of recovery. To the left, SAMHSA's Recovery Model illustrates this framework.



"Community-based supports" is a term used to describe programs and activities that support mental health recovery, but are not traditional mental health treatment.

Employment

Many people find a sense of purpose from their work. Finding a job or volunteer opportunity that gives you meaning and purpose can help build good mental health.

Supported Employment Programs

Supported employment is based on the belief that every person should be able to work in the community with the right support, including people living with mental health conditions. Supported employment programs help people learn job skills, search and apply for jobs, and helps them be successful after they are hired.

Housing

Having a safe place to live is an important part of building good mental health.

Permanent Supportive Housing (PSH) Programs

PSH programs provide affordable housing and supportive services to people who are experiencing homelessness and also have a mental health condition or disability. In Chicago, the first step to qualify for PSH is to call 311.

Community

To build good mental health, it is important to have relationships and social networks that provide support, friendship and hope.

Mental Health Treatment Settings

3 of 3: Community-Based Supports

Support Groups

These are groups led by people who have also experienced a mental health condition or substance use disorder. These groups give people a place to share, learn and heal together. For information about NAMI Chicago's support groups, [click here](#).

Drop In Centers, Clubhouses, Living Rooms

These community centers are a relaxed environment where people can be social, take part in in day programs and build life skills. Age restrictions or membership requirements may apply.

Peer Recovery Specialists

These are professionals with personal experience of mental health or substance use conditions who guide and help others. "Peers" provide hope and motivation, and help individuals build skills to live a healthy and happy life. They have usually gone through a formal training and certification process for their roles.