

## **Self-Help Support Group, Mental Illness**

Age Requirements

18 and over

Available 24/7

No

Other Eligibility Criteria

No residency requirement. Ages 18 and over.

Intake Contact Email

danielle@lowselfhelpsystems.org

Intake Process

Phone. For Immediate Help - Suicide Prevention Lifeline, Call: 988 or 1-800-273-825

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Recovery International

<https://www.recoveryinternational.org/>

<https://www.recoveryinternational.org/pre-meeting-page/>

Main

(310) 337-5661

Toll-Free

(866) 221-0302

Recovery Headquarters

1415 W. 22nd St., Tower Floor

60523 IL

United States

Fee Structure

Call for Information

Languages Spoken

English

The Recovery International Method is a system of self-help for controlling behavior and changing attitudes. The self-help techniques help with anger, anxiety, attention deficit disorder, bipolar disorder, compulsions, conflict resolution, depression, feelings of low self-worth, panic attacks, stress and much more.

Telephone meetings are designed to introduce individuals to Recovery International meetings and for those who are unable to attend Recovery meetings. Telephone meetings last about 90 minutes.

Recovery International is a peer-to-peer program that (1) provides help for people with nervous and emotional and mental problems; (2) provides help to face daily life through techniques for controlling temperamental behavior and changing attitudes toward nervous symptoms and fears; (3) seeks to prevent relapses and to avoid chronic problems.

View [Membership Information](#)

Service Area(s)

Nationwide

Email

[info@recoveryinternational.org](mailto:info@recoveryinternational.org)