



The Recovery Mandala: A Framework for Recovery-focused Community Mental Health Services

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Recovery is a journey of the heart-an active process of recovering a new and valued sense of self and purpose beyond the illness
(Deegan 1988)

A deeply personal, unique process of changing one's attitude, values, feelings, goals, skills, and/or roles.

It is a way of living a satisfying, hopeful, and contributing life even within the limitations caused by illness. Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness.

(Anthony 1993)

What influences Personal Recovery?

The illness

Stigma and
discrimination

Social
exclusion

Effects of
admission and
treatment

Lack of choice
and self-
determination



What does personal recovery mean for people with severe mental health conditions?

Research Questions

01

How is recovery conceptualised for people living with severe mental illness in low- and middle-income countries (LMICs)?

02

How do men with severe mental health conditions (SMHCs), their caregivers, and stakeholders describe their recovery in a South African context?

03

Are available recovery assessment scales valid for measuring recovery amongst people with SMHCs in the South African context?

BMJ Open Exploration of recovery of people living with severe mental illness (SMI) in low/middle-income countries (LMICs): a scoping review

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ORIGINAL PAPER



Service Providers Perspectives on Personal Recovery from Severe Mental Illness in Cape Town, South Africa: A Qualitative Study

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Abstract

Research

Strengthening community-based recovery-orientated mental health services: stakeholder insights on recovery from severe mental health conditions

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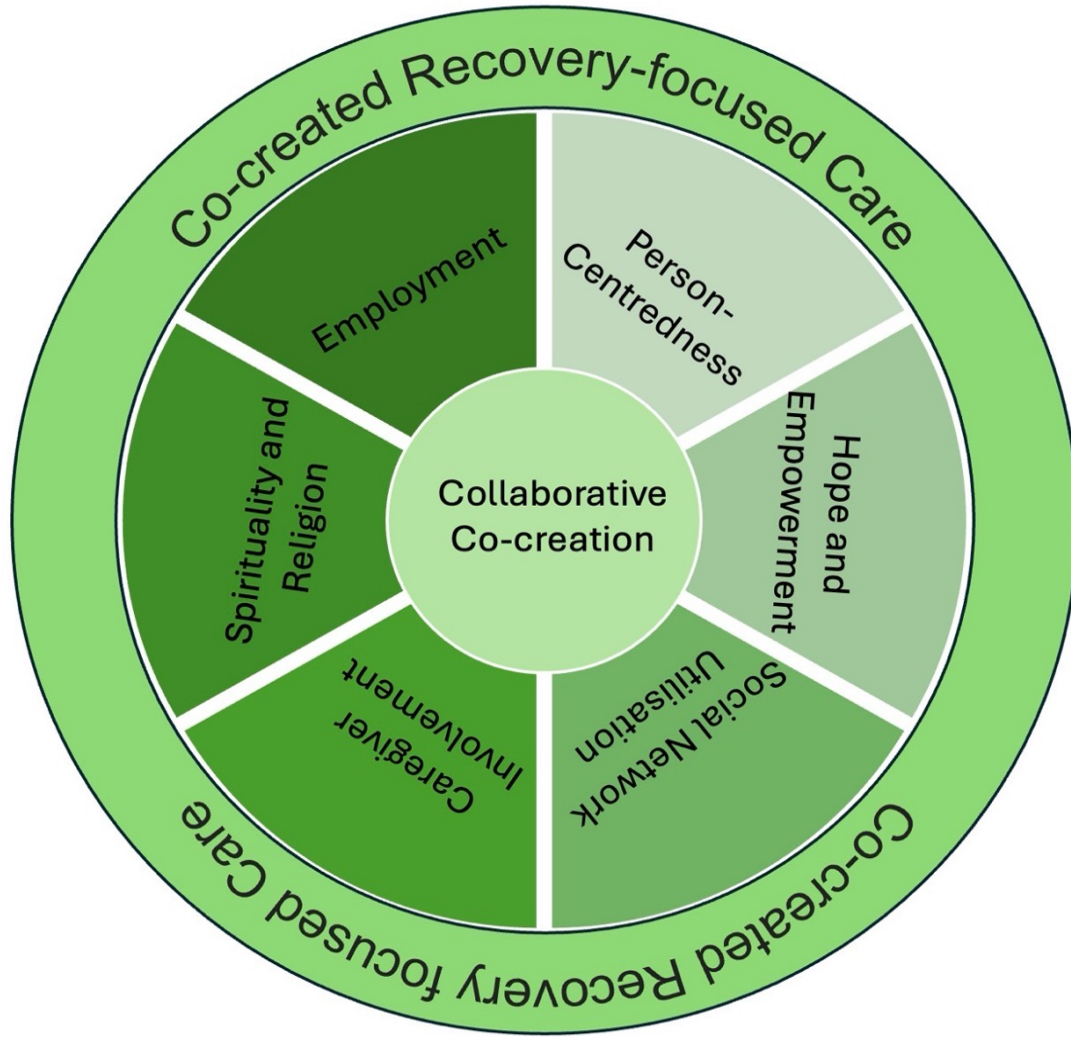


ORIGINAL ARTICLE

Mental Health Service Users and Their Caregivers Perspectives on Personal Recovery from Severe Mental Health Conditions in Cape Town, South Africa: A Qualitative Study

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The Recovery Mandala

(Gamielien 2025)

Elements of Recovery

Collaborative co-creation

The provision of person-centred care

Fostering hope and empowerment

Accessing social networks

Caregiver Involvement

Spirituality and religion

Employment

The Recovery Mandala as a framework for rethinking recovery-focused community mental health services



- Why strengthen community-based mental health services?
- What needs to change?

A screenshot of a research article page from the South African Health Review. The page features a dark blue header with "About" and "Issues" links. The main content area has a yellow background with a large, colorful, abstract graphic of a person's head profile filled with various shapes and colors. The article title is "Strengthening community-based recovery-orientated mental health services: stakeholder insights on recovery from severe mental health conditions" by Fadia Gamielidien, Roshan Galvaan, and Olindah Silaule. The page is part of Volume 27, 2024, Issue 8, dated October 09, 2025. The journal is identified as "HEALTH SYSTEMS TRUST". There are several tags for the article: "Severe mental health conditions", "Personal recovery", "Community-based services", "Recovery-oriented practice", "Intersectoral collaboration", "Public mental health", and "community mental health". The Creative Commons license is CC BY-NC 4.0, and the DOI is https://doi.org/10.61473/001c.141584.

<https://sahr.hst.org.za/article/141584-strengthening-community-based-recovery-orientated-mental-health-services-stakeholder-insights-on-recovery-from-severe-mental-health-conditions>

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- <https://sahr.hst.org.za/article/141584-strengthening-community-based-recovery-orientated-mental-health-services-stakeholder-insights-on-recovery-from-severe-mental-health-conditions>