

Resilience and Recovery of People with Mental Health Problems

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People with mental health problems have the ability to cope with the challenges associated with their psychological problems. Despite the difficulties people have the capacity to build resilience and recover. Aim: the study describes how individuals with mental health problems at the National Centre of Mental Health in Jordan explain ways of coping and managing their psychological difficulties. Methods: a qualitative study was used to analyse interviews with 10 male and 10 female patients diagnosed with psychological problems. Findings: People with psychological disorders have their own personal perceptions about recovery and have their own views about recovery and building resilience. Their perceptions are mainly influenced by religious and spiritual philosophy.

Key Words

Recovery, mental health, Jordan , Muslims