



DO YOU, OR SOMEONE YOU KNOW SUFFER FROM:

Anger/outbursts	Obsessions
Anxiety	Obsessive compulsive behavior
Attention deficit disorder	Palpitations
Bipolar disorder	Panic
Borderline personality disorder	Panic attacks
Compulsions	Poor self-image
Conflict resolution	Schizoaffective disorder
Depression	Schizophrenia
Dizziness	Shyness
Eating disorders	Sleep problems
Fatigue	Social anxiety
Feelings of low self-worth	Social phobia
Fears	Suicidal tendencies
Insomnia	Stress
Light-headedness	Sweats
Mood disorders	Tremors

Recovery International offers a cognitive behavioral training method developed by the late neuro psychiatrist Dr. Abraham A. Low. For over 75 years this method has helped members learn to identify and manage negative thoughts, feelings, beliefs and behaviors that can lead to emotional distress and related physical symptoms.

**The help you seek may be as simple as a
phone call away.**

*To learn more about the Recovery International method and how you can access an Introduction to Recovery International Telephone Meeting, please call:

1-866-221-0302 - when prompted select option 2

For More Information On Recovery International Telephone Meetings, Or To Find A Community Face To Face Meeting In Your Area Feel Free To Visit Our Website:

www.recoveryinternational.org

**Must be at least 18 years of age.*