

NEON – Narrative Experiences ON-line

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What are recovery narratives?

First-person accounts of recovery from mental health problems.

Includes

1. Adversity or struggle
2. Self-defined strengths or successes

Refers to events or actions over a period of time

Thornhill et al (2004). Escape, enlightenment and endurance: Narratives of recovery from psychosis.



Widespread public availability

Organisations have been curating recovery narratives for decades



Write to Recovery



Emerging trends

Service user testimonies as an active ingredient in anti-stigma campaigns (Pinfold et al, 2009)

Recovery narratives as an active ingredient in peer-support work (Davidson et al, 2013)



But many people don't have access to peers



NEON goals

The world's most diverse collection of recovery narratives

Theory on how to match narratives to users

Narratives as a recovery resource for anyone with internet access



What makes a good match?

The recipient feels connected to the narrator

The story promotes hope in the recipient

The story validates the experience of the recipient

The story includes specific details that might help the recovery of the recipient



NEON work

Studies of how impact is enacted

Focus groups with healthcare staff

A trial of an online intervention

A pilot of an intervention for healthcare staff



Please get involved!



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