

Supported Education: Learning to Build Your Future

There are many benefits to promoting supported education for individuals recovering from mental illness. In their own words, four students in recovery describe the personal value of engaging in educational programs.



Education is not the filling of a bucket, but the lighting of a fire.

-W.B. Yeats

"Once you have educated yourself....you can go out into the world and help other people with their own goals, with their own journeys in life.... Education is the means toward building a better world."

- Alan

"[Education] means life to me...I want to be the one to chose what I want....I don't want [others] to run my life."

- Sarah

"I'm excited about [school], meeting new people, and I can say I'm a student and not a client at a mental health program."

- Dee

"I wanted to get my education and I did whatever I could to achieve that goal. And I tried not to let too many things interfere with it...And I did it! It gave me tremendous satisfaction when I achieved that goal."

- Alan

Knis-Matthews, L. et al. (2007). The Meaning of Higher Education for People Diagnosed with a Mental Illness: Four Students Share Their Experiences. *Psychiatric Rehabilitation Journal*, (31), 2, 107-114.



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