

Paton's 6 Pillars of Recovery

By working on his recovery from mental illness, Paton has put together 6 key areas that have helped his recovery the most.

1. Doctor & Medication

2. Therapy (CBT)

3. Spiritual

4. Diet / Exercise / Routine

5. Peer Support / Family & Friends

6. Advocacy

For more information on the 6 pillars of recovery, please contact Paton, or visit PatonBlough.com to learn more about his speaking events.