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Figure 1: CHIME and subthemes

- **Identity**
  - Dimensions of identity/Rebuilding/redefining a positive/sense of identity/Overcoming stigma

- **Hope and Optimism**
  - Recovery/belief in recovery/motivation to change/hope/inspiring relationships/positive thinking and valuing success/having dreams and aspirations

- **Meaning**
  - Meaning in mental illness experience focusing on self-harm/Spirituality (including development of spirituality)Quality of life/meaningful life and social goals/meaningful life and social roles/rebuilding of life

- **Connectedness**
  - Peer support and support groups/relationships/support from others/community

- **Empowerment**
  - Personal responsibility/control over life/focusing on strengths