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
  - 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