

Better Days A Mental Health Recovery Workbook

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Better Days Behavioral Health. At Better Days Behavioral Health, we want to help you grow and connect in your family, personal and work life. We understand the struggles of everyday life with school, work, pressure from family and even ourselves. We work as a team to help identify difficulties and solutions.

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Craig authored the recently published 'Better Days - A Mental Health Recovery Workbook' with the hope that the workbook will help those aspiring toward recovery and wellness and also those in recovery, find increased success on their journeys. He also tours the United States and Canada, speaking about his lived experience, sharing his struggles and triumphs to help others.

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New York State has a large, multi-faceted mental health system that serves more than 700,000 individuals each year. The Office of Mental Health (OMH) operates psychiatric centers across the State, and also regulates, certifies and oversees more than 4,500 programs, which are operated by local governments and nonprofit agencies.

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