There is an increasing inclusion and professionalization of experts-by-experience in mental health care. However, the specific epistemic contribution of experiential knowledge remains a matter of debate. In this talk, I will shed a new light on this epistemic contribution by drawing parallels between experiential knowledge and the complexity approach to mental disorders, or complexity approach in short. The complexity approach conceptualizes mental health as a complex system: mental (ill-)health experiences (1) emerge from situated, interdependent biopsychosocial processes that interact non-linearly and across time scales, and (2) demonstrate dynamic patterns. Central concepts of the complexity approach are visible in how the epistemic contribution of experiential knowledge is discussed in academic literature and cultivated in practice, but the relationship between these domains has not yet been explored. In this talk, I present hypotheses on how different concepts of the complexity approach (e.g., emergence, non-linearity, non-decomposability, attractors, phase transitions) could provide insights into (1) the *types of experiences* that experts-by-experience are responsive to, and (2) the *recovery-related skills* that are involved in (the cultivation of) experiential knowledge. These hypotheses are informed by a combination of conceptual and qualitative research (i.e., a focus group with experts-by-experience, clinicians, and complexity scientists).