

Our courses include:

- What is recovery?
- How to tell your story
- Eating for wellness
- Understanding psychosis
- Wellness planning
- ACT on life
- Understanding personality disorder
- Goal setting for recovery
- Understanding autism

What should I expect when attending courses?

We deliver courses online and face to face in a relaxed, safe and informal environment with no tests. Attendance at the Recovery College is not put on clinical records.

Courses are delivered with friendly tutors who collectively have lived and learned experience of mental health challenges.

- Peer Tutor (lived)
- Practitioner Tutor (learned)

The courses are designed to be engaging and interactive. There are lots of opportunities to take part, but you can do as much or as little as you like.

'The tutors spoke about their own experiences, which helped me feel that I am not alone'

STUDENT



How do I sign up for courses or learn more?

Email: RecoveryOnline@nsft.nhs.uk

Tel: 01603 421169

Or scan the QR code



Do you have any questions about NSFT?

Contact the customer service team for confidential advice, information and help to answer any questions you might have about our services or about any other mental health matters.

Tel: 01603 421486

Email: customer.service@nsft.nhs.uk



If you would like this leaflet in large print, audio, Braille, alternative communication for all format or a different language, please contact us.

Norfolk and Suffolk NHS Foundation Trust values and celebrates the diversity of all the communities we serve. We are fully committed to ensuring that all people have equality of opportunity to access our service, irrespective of their age, gender, ethnicity, race, disability, religion or belief, sexual orientation, marital or civil partnership or social and economic status.

Trust Headquarters:

County Hall, Martineau Lane, Norwich, NR1 2DH

© NSFT May 2022 GFX:7301



Free courses on mental health recovery

- Educational approach to understanding health
- Explore how to increase wellbeing journey of personal development and discovery



What is Recovery College?

The Recovery College provides free educational courses on wellbeing and mental health recovery.

Our courses aim to empower people to become experts in their own lives.

All of our courses are created and delivered jointly by people with their own lived experiences of mental health and professionals.

Is the Recovery College for you?

Are you interested in attending free educational courses about wellbeing and mental health recovery?

Are you experiencing mental health challenges and would like to learn from others that may have shared experiences?

Would you like to learn how to live well, increase your wellbeing, and learn new skills and strategies to support yourself?

Are you supporting someone who is experiencing mental health challenges?

If yes, these courses may help you.



Who can attend?

- Anyone aged 16 or over that lives in Norfolk or Suffolk.
- You may have an interest in developing a better understanding of your own mental health or others.
- You may experience mental health challenges or long-term difficulties.
- Members of the public, service users, carers, supporters, NSFT staff and staff members from the third sector can all attend.

Recovery is where people find ways of living a meaningful and purposeful life with, or without, ongoing symptoms.

SHEPHERD, ET AL, 2014

What is recovery, and why is it important?

Recovery is important because it influences everything we do.

We believe it is a journey of discovery and personal development that focuses on your wellbeing.

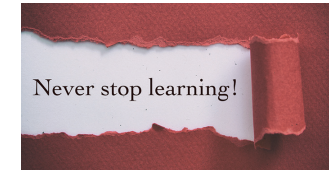
It is important to understand what recovery means to us individually, as this allows us to explore ways of moving forward in our lives.

We support this by sharing knowledge and strategies you can use to help in your own wellbeing and mental health recovery.

What courses do we offer?

We offer different courses, including discovering what recovery is, planning for keeping well and understanding different conditions.

There are also courses that support your future growth and making plans for the next steps of your recovery journey.



Some of our students and tutors have spoken about their experience:

'Each time I do the course, it reboots my motivation, and I feel I move a bit further forward.'

STUDENT

'It was really nice to talk with others, just to remember some of the good choices I have previously made, and to think about how to incorporate them again.'

STUDENT

'I feel in such an honourable position to co-facilitate courses with tutors that share their own personal lived experiences. It is incredible to see them empowering students and inspiring hope.'

TUTOR