

What type of courses are on offer?

Courses vary in length from one-off workshops to those that take place weekly for a number of weeks. Some examples of current courses are:

Recovery by Discovery, Advocacy, Wellness Recovery Action Planning (WRAP) and Addictions

Future course will include Management of Chronic Pain and How to get a Good Nights Sleep. The range of courses available each term will vary as the College responds to the demands of students.

Where do the courses take place?

Courses take place at a range of community venues across the Southern Trust area. For further information, please see our prospectus or contact us at: recovery.college@southerntrust.hscni.net



Recovery College

GET INVOLVED TODAY

Recovery College Administration Team

Trasna House, Connolly Place,
Lurgan BT66 8DN

Telephone enquires welcome 028 3834 7537

recovery.college@southerntrust.hscni.net



Recovery College

LEARNING IN A SHARED SPACE



**Southern Health
and Social Care Trust**

Quality Care - for you, with you

[E: recovery.college@southerntrust.hscni.net](mailto:recovery.college@southerntrust.hscni.net)

What is a Recovery College?

A Recovery College uses an educational approach to help people recognise and develop their personal resourcefulness and awareness in order to become experts in their own self-care, make informed choices and do the things they want to in life.

The Southern Trust Recovery College gives people the opportunity to learn together, to share experiences and knowledge and to participate in classes and workshops, not as a patient, carer or a member of trust staff, but simply as a student.

The aims of the Recovery College

- Enable people to take back control of their lives
- Use the courses as a route to recovery
- Enable people to have hope and share their Recovery journeys
- Show that people can have a fulfilling life, with or without on-going symptoms
- Open up opportunities which many have thought were unavailable to them

How does a Recovery College Work?

The college values the expertise gained from experience equally, with that derived from professional training.

All our courses are co-designed and co-delivered by experts with lived experience, carers of mental ill health, peer trainers and expert health professionals.

All courses are free and available to anyone who would find them helpful in their recovery from mental illness, substance misuse, trauma or distress; and for people who want to maintain their physical and mental wellbeing.

