

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

Or, are you supporting someone that is experiencing these challenges?

Would you like to attend **free** online courses about wellbeing, mental health and Recovery?

If yes, attending the NSFT Recovery College may be for you.



What is the Recovery College?

The Recovery College provides online educational courses to empower people with mental health problems to become experts in their own Recovery and self-management.

All courses are **co-produced** and **co-facilitated** with values of **Personal Recovery** at its core.

Who can attend?

People aged 16 or over experiencing moderate to severe mental health challenges or long-term difficulties. Carers, supporters, NSFT staff and staff members from the third sector can also attend.

How do I register?

Contact RecoveryOnline@nsft.nhs.uk or search for us on the web: 'NSFT Recovery College'

