



Recovery Education Unit

Our Other Courses

Postgraduate Diploma,
Recovery in Mental Health
(Leading to MSc in Advancing
Professional Practice)

Recovery Focussed Family
Work

Online Courses

Recovery in Mental Health
An on-line Introduction

Mental Health Awareness
(online)

How do I apply?

Places are offered on a first
come first served basis and
are funded by Health
Education Yorkshire &
Humber Specialist Skills
Development (SSD) for staff
and service users in the
Yorkshire and Humber SHA
region.

RECOVERY & VALUES BASED PRACTICE

This is a 5-day course for people interested in developing
recovery focussed practice.

The course will develop an understanding of the principles
of recovery and introduce skills and interventions which
will enable them to promote recovery for service users,
families, friends and themselves.

“ *We were lucky to have lots of experience and openness
in the room, and it has been fab. Loved the group,
involvement and flow of ideas, thoughts, learnt a lot
through these discussions, debates. No improvements,
love it* ”

Who Are We?

The Recovery Education Unit is based at Fulwood House
in Sheffield and is part of Sheffield Health and Social Care
Trust. Our academic team have a wide range of expertise,
including lived experience of mental health problems, which
we use to develop and provide education which is designed
to challenge traditional notions and promote contemporary
thinking about mental health practice.

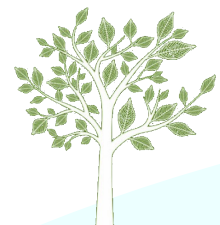
We hope to equip people interested in mental health with a
framework to enable them to develop the skills, knowledge
and attitudes necessary to help people recover and to
influence recovery implementation within their area of
interest.

All our courses are funded by Health Education Yorkshire &
Humber (Specialist Skills Development) Please contact us
for further information on how to apply.

WHATS IN THE COURSE?

Topics Include:

- Stress Vulnerability & staying well
- Language
- Recovery relationships
- Social inclusion
- Stigma & discrimination
- Developing a toolbox
- And much more!



Please Contact us for More Information >>>

www.recoveryeducationonline.org

Recovery Education Unit

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