



# Recovery Education Unit

## Our Other Courses

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

Recovery & Values Based  
Practice

Recovery Focussed Family  
Work

## How do I apply?

Places are offered on a first  
come first served basis and  
are funded by Health Educa-  
tion Yorkshire and Humber  
Specialist Skills Post Registra-  
tion Development (SSPRD )  
for staff and those con-  
tributing to service proviison  
in the Yorkshire and Humber  
SHA region.

**This course is free to all  
staff who work in the York-  
shire and Humber region**

## MENTAL HEALTH AWARENESS

On-line learning offers a flexible and friendly approach to learning.

Basic IT skills are required specifically, ability to create documents in Microsoft Word, use e-mail, and search the internet.

The first course will be a pilot

### Who is the course for?

**This course is suitable for anyone who has no train-  
ing in mental health and who wants to understand  
more about current thinking and approaches.**

### How does it work

The course is delivered entirely on-line and learners have up to six weeks to complete the course at their own pace. Learners work through each of the four modules and submit a short individual activity when they have finished each module. All participants are allocated to their own tutor who is there to offer guidance, support and feedback

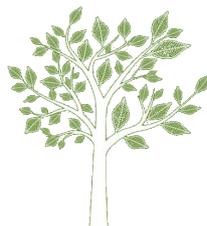
## WHAT DOES IT COVER

The course is organized into four modules which cover the follow-  
ing broad areas:

- What do we mean by mental health and mental illness
- What is it like to have a mental health problem
- Mental Health Services and Dementia
- Recovery

### 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 courses are designed to challenge traditional notions and promote contemporary thinking about mental health practice. We focus on what it is really like to experience mental health problems and be on the receiving end of services, and how people can recover.



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**For further information and how to apply**

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