



Recovery Education Unit

Our Other Courses

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

Recovery & Values Based
Practice

Recovery Focused Family
Work

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 and
Humber Specialist Skills Post
Registration Development
(SSPRD) for staff and those
contributing to service
provision in the Yorkshire and
Humber SHA region.

RECOVERY IN MENTAL HEALTH AN ONLINE INTRODUCTION

On-line learning offers a flexible and friendly approach to learning. Participants are allocated to a tutor and are expected to submit individual pieces of work for feedback. Basic IT skills are required specifically, ability to create documents in Microsoft Word, use e-mail, and search the internet.

Who is the course for?

The course is for anyone working within the broad field of mental health service provision, including people using services.

Who are we?

The Recovery Education Unit is based at Fulwood House in Sheffield and is part of Sheffield Health and Social Care Trust.

"Very though provoking course which has helped me to bring more of a recovery based approach to my work"

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.

WHAT'S IN THE COURSE?

Topics Include:

- Understanding mental health through the context of history and across the lifespan
- How we think about mental health
- Stress Vulnerability
- Recovery Relationships
- Stigma and Discrimination
- Who is recovery for?
- Moving beyond identities of illness.
- Recovery Services
- Recovery, Making a Difference.



For further information and how to apply ▶▶▶

www.recoveryeducationonline.org

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