

The Recovery College delivers courses to equip you with coping strategies to help you improve your mental health and wellbeing.

Essentially, we'll teach you new ways to cope and manage your mental health. We'll give you practical tools and resources to do this, and empower you to move forward and make effective changes to your life.

How does it work?

- Our courses are delivered in small groups of no more than 12 people.
- You'll be welcomed by one of our friendly mental health professionals, alongside a volunteer who's an 'expert through experience'.
- Our groups meet in community venues across Teesside or online so you can choose how to get involved to suit you and your needs.
- If you're aged 16 or over, registered with a GP in Teesside, then we can help you start your journey towards recovery.



OUR COURSES

Welcome to Recovery College

This is an informal session to find out about our courses and meet some other learners. We encourage you to come along to this first before booking a specific course.

Single session: 2 hours

Keeping Well

We'll help you to consider how you look after yourself physically and emotionally. We'll encourage you to think about the ways you currently look after your wellbeing and identify unhealthy techniques. We'll then look at a range of tools and interventions that will positively support your overall wellbeing.

Course duration: 2 hours in a single session

Coping Skills

This course will enable you to explore a range of tools to help you manage your mental health. It's a practical course and you'll try the techniques in a safe space and have opportunities to ask questions and talk to other learners.

Course duration: 2 hours in a single session

Emotional Resilience

This course will enable you to discuss your hopes and share your experiences. Over the weeks we'll explore what emotional resilience is and the barriers you're facing, how to manage strong emotions and identify ways in which you can be more resilient

Course duration: 4 weeks
Each session: 2 hours per week

Confidence Building

We'll support you on a journey to look at your self esteem and confidence. Through a range of exercises we'll enable you to take steps to increase it by exploring what self-esteem is and how to improve it, what confidence is and how to improve and maintain it. You'll leave with practical tools to support your confidence and self-esteem.

Course duration: 4 weeks
Each session: 2 hours per week

Mindfulness

You'll be introduced to the concept of Mindfulness. We'll give you an opportunity to participate in various activities and practices that can be easily utilised every day to manage life's ups and downs.

Course duration: 3 weeks
Each session: 2 hours per week

OUR COURSES

Off the Scales

We recognise that a healthy and balanced lifestyle can be difficult to achieve for many people. We want to support you to build a better relationship with food and physical activity, to support you to make positive changes, which will improve your health and wellbeing regardless of changes to weight.

Course duration: 5 weeks
Each session: 2 hours per week

Creative Writing

This course focuses on imagination and creativity to help build a positive attitude to wellbeing. We offer an eclectic range of writing styles to accommodate learners from different walks of life. Whether creating a short story, piece of poetry or keeping a journal, creative writing can help us gain perspective about our reflective thoughts, improve self-realisation and processing emotions. For those with an active imagination and flair for creativity, this Creative workshop is a nice addition to building positive wellbeing... and it's a lot of fun.

Course length: 5 Weeks
Each session: 2 hours per week

HOPE

'Help to Overcome Problems Effectively' is for those whose mental health and wellbeing has been effected by cancer.

HOPE is a licensed programme developed by Coventry University and Macmillan Cancer Support. The interactive sessions cover a range of topics and techniques all aimed at supporting you to develop ways to move forward. Some of the things we cover include goal setting, breathing exercises, mindfulness, managing stress, coping with uncertainty, sleeping better and managing fatigue, body changes and more.

Course length: 6 weeks
Each session: 2 1/2 hours per week

The Mind Centre,
90-92 Lothian Road, Middlesbrough, TS4 2QX.

    @TeessideMind

ASD Group

We've taken core teachings from the Recovery College and developed a neurodiverse-friendly workshop for those with symptoms, or diagnosis, of ASD.

It includes practical interventions that assist emotional self-care, provides greater understanding of barriers and methods for adapting to these, which will promote a sense of empowerment and improved mental health and wellbeing.

The sessions look at a wide range of wellbeing techniques such as coping skills, communication styles, building resilience, managing overthinking, and Mindfulness.

Course length: 6 sessions
Each session: 2 hours per week



INTERESTED?

If you're aged 16+, registered with a GP in the Teesside area and willing to participate in groups then you can access the Recovery College.

You can find out more about us and our courses via the QR code, by calling 01642 257020 or emailing info@teessidemind.org.uk

