

Routes to Recovery



Change your life

What is Routes to Recovery?

Routes to recovery is a course for people with mental health problems.

What do we do?

We have different speakers that come into the group to talk to us on a variety of topics including:

- Mental health recovery
- Medication
- Local services
- Building confidence and self-esteem
- Benefits



Benefits

How have people benefited from previous courses?

People who have been on the courses say that they have made new friends, and their confidence has improved. Some people have gone on to voluntary work, college or into paid work. Often people have said that they feel more in control of their illness.

"I found this course to be a very positive experience and have enjoyed meeting new friends. It has also given me the chance to get out and whilst at R2R I have learnt a lot about medication and my illness"

How long does the course last?

The course runs for a duration of 17 weeks and lasts 2½ hours each week.

What do I do if I am interested?

Contact Kath Jones at Interlink on 01443 846200 and she will arrange to have a chat about joining the course.

www.interlinkrct.org.uk