



Hello and Welcome to the wellbeing college.

Our aim at the college is to help you learn how to best take care of your mental wellbeing. We do that by providing learning opportunities where people can come together and explore resilience and positive mental health in the Scottish Borders.

My name is Annette Murray one of the personal tutors at the College and today I'm going to take you through a course we have developed called what is mental health recovery.

You can find out more about this and other courses at the College on our website: www.wellbeingcollege.org.uk

You can also make an appointment with a personal tutor to better understand how the college can help you. If this is something you think might benefit you, please get in touch.

Our website should have all the information you need about the College, who we are, what we do and how we can help you, but if you have any more questions please call us or send us an email.

Wellbeing
College

Health
in Mind

What is mental health Recovery?

Course Purpose

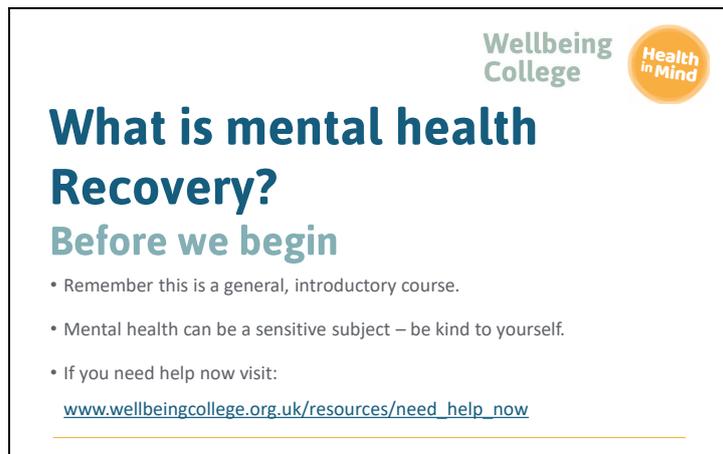
- Have a clearer picture of what mental health recovery means.
- Appreciate what mental health recovery means to YOU.
- Have a basic appreciation of the CHIME principles.
- Discover steps you can take to apply CHIME in your own life.

In this course we are going to look at some of the key principles that help support our mental health and wellbeing at all times, but particularly when times are tough and we're looking to find ways to help us manage.

By the end of the course, you will hopefully:

- Have a clearer picture of what mental health recovery means.
- Appreciate what mental health recovery means to YOU - it is, after all, a very individual concept
- Have a basic appreciation of the CHIME principles which will be explained soon
- Discover initial steps you can take to apply the CHIME in your own life

This is a general introduction to some key ideas which you may find helpful and wish to think about some more. Sources of further information will be provided at the end of the course if you wish to explore these ideas further.

A rectangular thumbnail image with a black border. In the top right corner, it features the Wellbeing College logo and the Health in Mind logo. The main text reads "What is mental health Recovery? Before we begin". Below this, there is a bulleted list of three points: "Remember this is a general, introductory course.", "Mental health can be a sensitive subject – be kind to yourself.", and "If you need help now visit: [www.wellbeingcollege.org.uk/resources/need_help_now](\"http://www.wellbeingcollege.org.uk/resources/need_help_now\")".

Wellbeing College 

What is mental health Recovery?

Before we begin

- Remember this is a general, introductory course.
- Mental health can be a sensitive subject – be kind to yourself.
- If you need help now visit:
www.wellbeingcollege.org.uk/resources/need_help_now

Before we begin, it's important to be clear that this is a general introductory course – we share broad themes and strategies that can help when it comes to understanding and improving mental health. We encourage you to think about how the ideas in this course can work for you.

We acknowledge that MH can be a sensitive subject. Reflecting on our experiences can sometimes bring up difficult thoughts and feelings and that's normal. Be kind to yourself, go at your own pace and take a break if you need to.

***If you feel you need more immediate help with your mental health and you're not sure where to go, please see the Need Help Now section of our website for details of local services who can offer support*

You can find this section at:

www.wellbeingcollege.org.uk/resources/need_help_now

Wellbeing
College

Health
in Mind

What is mental health Recovery?

What you will need....

- Pen and paper 
- As few distractions as possible! 

Before we start, here's what you will need for this course:

- A pen or pencil and paper or your favourite notebook for the activities. Whenever you see the pen symbol, it's time for you to do a short exercise - so listen to the instructions, pause the video for as long as you need to and then hit play when you are ready to start again.

Writing things down by hand can help us understand and remember ideas and makes it more likely that we achieve our goals, so I encourage you to do this.

You won't be asked to share what you write with anyone. You are just doing it for you, to get your thoughts down on paper

- You also may want to eliminate distractions for the next hour or so. So, if you can, switch off the tv and your phone, put on headphones if that helps you concentrate, or do whatever helps you focus, for a short while, on you - because what matters most is your mental health.

Wellbeing
College

Health
in Mind

What is mental health Recovery?

Activity 

- What does “recovery” mean to you?
- Note down any words or images that come to mind.

So, let's get started. We're going to begin by thinking about the word “recovery” and what it actually means.

Don't overthink this but simply **take your pen and paper and for a couple of minutes note down any words or images that come to mind when you hear the word recovery.**

Again, no-one is going to see this, and you won't be asked to share it, so this is just for you - and there are no wrong answers.

Pause the video while you note down your thoughts and click play when you are ready to move on.

The logo consists of the text "Wellbeing College" in a dark blue font, with "Wellbeing" on the top line and "College" on the bottom line. To the right is an orange circle with "Health in Mind" written inside in white, stacked vertically.

What is mental health Recovery? Some thoughts

Recovery could mean:

- Getting back what was lost
- Returning to normal (whatever normal feels like)
- Feeling like me again
- Feeling stronger or more able to manage

How did you get on?

When I did this exercise, I thought about phrases like:

- Getting back what was lost
- Returning to normal (whatever normal feels like)
- Feeling like me again
- Feeling stronger or more able to manage

There may be a sense of restoring something that you feel you have lost, or perhaps a sense of feeling better able to cope with current circumstances.

Wellbeing College Health in Mind

What is mental health Recovery? Some thoughts

A journey? A destination?

OR



Perhaps recovery has the sense of an ongoing journey or maybe it feels more like a destination – you will know you have recovered when you get “somewhere” - and life looks and feels a certain way.

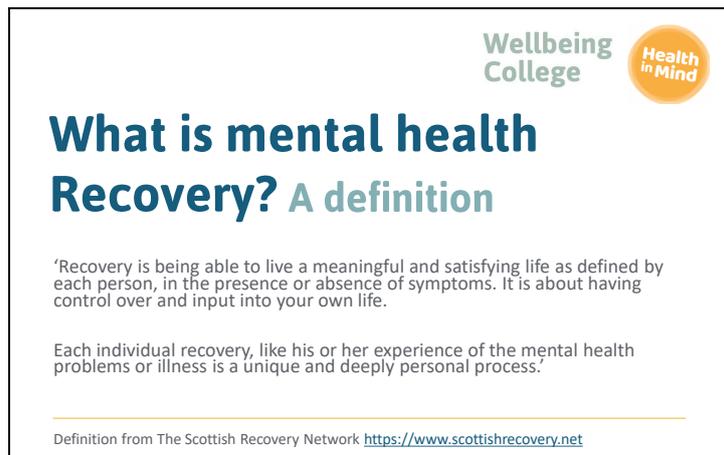
Wellbeing College Health in Mind

What is mental health Recovery? Some thoughts

Managing life's ups and downs?



Or maybe it's about managing life's ups and downs. Life – and your mental health – still has its challenges and difficulties but like the surfer here you more able to ride the ups and downs of the waves.

A rectangular box with a thin black border containing the video transcript. It features the Wellbeing College and Health in Mind logos in the top right corner, followed by the title "What is mental health Recovery? A definition", a definition of recovery, a quote about individual recovery, and a source link at the bottom.

Wellbeing College 

What is mental health Recovery? A definition

'Recovery is being able to live a meaningful and satisfying life as defined by each person, in the presence or absence of symptoms. It is about having control over and input into your own life.'

Each individual recovery, like his or her experience of the mental health problems or illness is a unique and deeply personal process.'

Definition from The Scottish Recovery Network <https://www.scottishrecovery.net>

Perhaps some of these words and images made sense to you, perhaps they didn't and that's ok. Recovery is as individual as you are and there is probably no one definition that suits everyone. But here is a definition from the Scottish Recovery Network which you may find helpful.

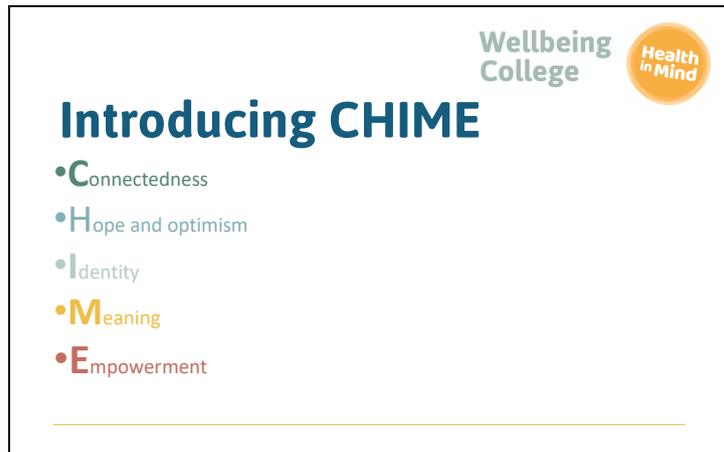
They define recovery as

"...being able to live a meaningful and satisfying life as defined by each person, in the presence or absence of symptoms. It is about having control over and input into your own life.

Each individual recovery, like his or her experience of the mental health problems or illness is a unique and deeply personal process."

This definition may speak to you, it may not and there are many other definitions out there.

So, feel free to pause the video again if you need more time to reflect on this and consider how it applies to your life.



Wellbeing
College

Health
in Mind

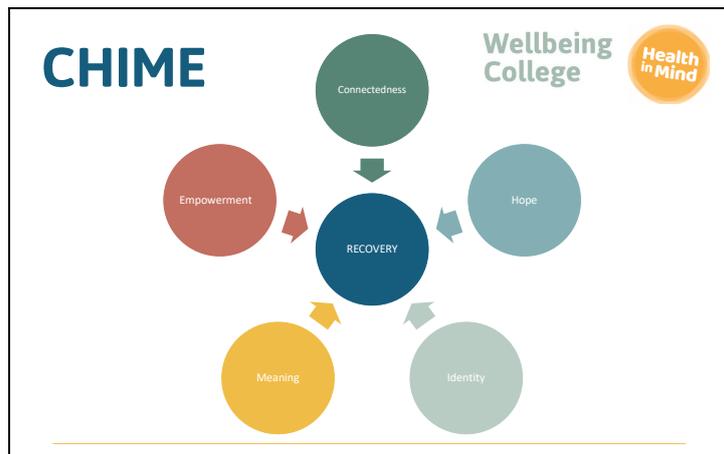
Introducing CHIME

- Connectedness
- Hope and optimism
- Identity
- Meaning
- Empowerment

Now that we've thought a little bit about mental health recovery as an idea, I'd like to introduce you to the **CHIME** principles.

We have already noted that mental recovery is a very individual experience, unique to every one of us, but research suggests that there are certain common themes that support us towards better mental health, and these are captured in the acronym CHIME. The SRN provides some helpful definitions of these principles which I will be referring to throughout the course and details of their website will be provided at the end if you'd like to explore these ideas further.

In summary, CHIME stands for connectedness, hope and optimism, identity, meaning and empowerment.



- **Connectedness** is about having good relationships and positive connections with other people
- **Hope** is about having an optimistic view of the future and the belief that a better life is possible
- **Identity** is about having a positive sense of self
- **Meaning** refers to the things that give us a sense of meaning and purpose in life
- And **empowerment** is about focussing on our strengths and taking responsibility for - and control of - our lives

Over the remainder of the course, we are going to consider each of these themes and provide you with the opportunity to reflect on how they impact your recovery.

Wellbeing College 

Connectedness

Activity

- Look at the phrases on the next slide and imagine you are the person thinking or feeling these things.
- For each phrase decide whether you feel connected to others, or not?

Let's start with the theme of **connectedness** and consider what this means.

Look at the phrases on the next slide. Imagine you are the person thinking or feeling these things. For each phrase decide whether you would feel connected to others, or not? Note down an answer of yes or no for each phrase.

Wellbeing College 

Activity

Would you feel connected or not?

Answer yes or no:

- I know people care for and look out for me
- I feel I can be honest with others when I'm feeling low
- I don't want to be a bother to others
- My friends come to me for advice and support when they feel down
- I feel no-one understands me
- Letting others see the real me feels scary
- I just want to hide away in bed and not go out some days
- I know there is a local group where I can meet people and have a coffee and a chat

- I know people care for and look out for me
- I feel I can be honest to others when I'm feeling low
- I don't want to be a bother to others
- My friends come to me for advice and support when they feel down
- I feel no-one understands me
- Letting others see the real me feels scary
- I just want to hide away in bed and not go out some days
- I know there is a local group where I can meet people and have a coffee and a chat

Wellbeing
College 

Connectedness

Activity - suggested answers

I feel connected to others when:

- I know people care for and look out for me
- I feel I can be honest to others when I'm feeling low
- I know there is a local group where I can meet people for a coffee and a chat
- My friends come to me for advice and support when they feel down

If you were someone thinking or feeling these things, you would probably feel a sense of connection when you know people care for and look out for you and when you feel you can be honest with others about how you are feeling.

These are about the ability to trust others and be open about how we are feeling. Not feeling we always have to be entertaining or funny. We can have bad days too and share our troubles.

Knowing there is a local group where we can meet people and have a coffee and a chat is about feeling a sense of community – even just knowing there are others out there whom we can meet up with can make us feel connected.

When we know friends or colleagues can come to us for advice and support when they feel down that shows that we are trusted and relied upon by others and can perhaps turn to them sometime, when we need to.

Wellbeing
College 

Connectedness

Activity - suggested answers

I feel disconnected to others when:

- I feel no-one understands me
- Letting others see the real me feels scary
- I just want to hide away in bed and not go out some days
- I don't want to be a bother to others

These phrases, however, suggest we are feeling disconnected from others:

- When we feel no-one will understand us or we are reluctant to let others see how we are really feeling we are perhaps fearful of judgement or rejection of some kind.
- When we want to hide away from the world and not go out, we can feel very removed from other people.
- Equally not wanting to be a bother to others prevents us from sharing our problems.

It's worth noting that boundaries are important in all relationships and sometimes it isn't always appropriate to share the details of what we are going through with someone, but at the same time, pretending everything is always okay with us and never being vulnerable with others, denies them the opportunity to really get to know us – and help us in the ways they would like.

Wellbeing
College

Health
in Mind

Connectedness

Activity

- Think about the positive relationships in your life. What makes them positive?
- How can you increase feelings of connectedness in your life?
 - E.g. sharing a common interest with someone

With all this in mind, **I invite you to take a moment to think about the positive relationships in your life. What makes them positive?**

How can you increase feelings of connectedness in your life?

To give you an example, you may have a good relationship with somebody because of shared interests or experiences and perhaps there are others in your life you could connect with in a similar way, because of a mutual hobby.

Pause the presentation for as long as you need to and note down your thoughts.

Wellbeing
College

Health
in Mind

Connectedness

Some thoughts

We can feel more connected by:

- Having a greater willingness to trust others
- Being a little more vulnerable and open with those we trust
- Trying to practice greater empathy towards others
- Taking steps to meet more people and widen our social circle
- What else can you think of?

There is no right or wrong answer to what will personally make you feel more connected to others. We are all individual and perhaps feeling connected to others is not necessarily about the quantity of the relationships we have, more than the quality of them.

Some ways in which we might feel more connected to others might include:

- Having a greater willingness to trust others
- Being a little more vulnerable and open with those we trust – we don't have to tell everyone everything all the time, but maybe can risk sharing a little more of how we are feeling and give people the opportunity to get to know us better
- We can try practicing greater empathy towards others – often it's what people need the most
- We could also take steps to meet more people and widen our social circle, take up a new hobby or join a club of some kind
- What else can you think of? What would work in your life?

If you have any further ideas, write them down before we move on.

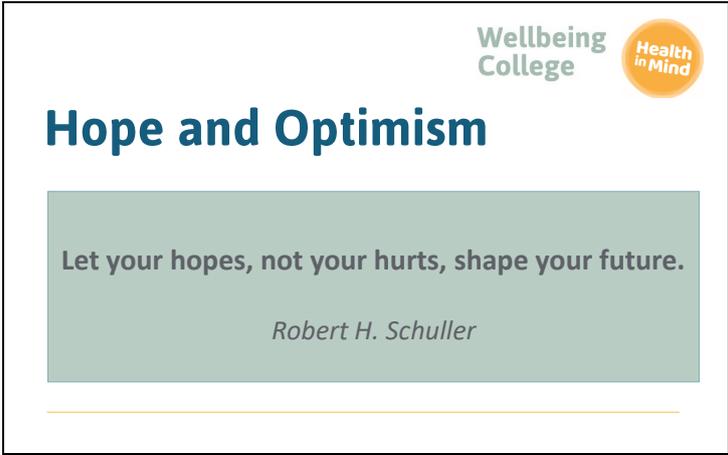
Connectedness

- Having good relationships and being connected in positive ways to other people. This includes support between peers with experience of mental health issues and relationships with carers, friends and family.
- Positive connections with health professionals and community involvement are also important.

Source: The Scottish Recovery Network <https://www.scottishrecovery.net>

In summary, **connectedness** is about:

- Having good relationships and being connected in positive ways to other people. This includes support between peers with experience of mental health issues and relationships with carers, friends and family.
- Positive connections with health professionals and community involvement are also important.



Wellbeing
College

Health
in Mind

Hope and Optimism

Let your hopes, not your hurts, shape your future.

Robert H. Schuller

The next theme in our journey through the CHIME principles, is **hope and optimism**. Having a sense of hope and an optimistic outlook for the future is central to recovery. A sense that things can and will get better can help us stay motivated as we navigate our recovery and help us look forward to the time ahead of us.

As this quote reads, let your hopes not your hurts shape your future.

With this spirit of optimism in mind, let's move onto our next activity.

Wellbeing
College 

Hope and Optimism

Activity

- Note down any positive changes you would like to make in your life
- Challenge yourself to list at least 5
- Complete the sentence: 'Wouldn't it be great if I could...'
 - e.g.... find a new hobby, or take more exercise

Taking hold of your pen and paper again, take a minute or two to note down any positive changes you would like to make in your life, however big or small.

Challenge yourself to list at least 5 but by all my means, write as many as you wish.

If you need a prompt, try completing the sentence: 'Wouldn't it be great if I could...' for example, find a new hobby I love, or

'Wouldn't it be great if I could take more exercise...'

Try not to censor yourself or worry if your ideas are realistic – or not ambitious enough. Hopes both big and small are valid here - the point is to just practice feeling a bit more hopeful about your future.

Wellbeing College 

Hope and Optimism

Activity – some ideas

Wouldn't it be great if I could.....

- Change my diet for the better
- Become fitter
- Value myself more
- Improve my confidence
- Find a new job, career or voluntary opportunity

What did you come up with? Some hopes might include, changing my diet for the better; becoming fitter; valuing myself more; improving my confidence; finding a new job or career or perhaps volunteering. It could be anything that makes you look forward to the future, even in a small way.

Wellbeing College 

Hope and Optimism

Hope and optimism are widely acknowledged as key to recovery.
Hope and optimism can be characterised by:

- Belief in recovery
- Motivation to change
- Hope-inspiring relationships
- Positive thinking and valuing success
- Having dreams and aspirations

Source: The Scottish Recovery Network <https://www.scottishrecovery.net>

The reason I asked you to do that exercise is that **hope and optimism** are central to recovery. If you wonder what hope and optimism look and feel like, they can be characterised by:

- Belief in recovery
- Motivation to change
- Having hope-inspiring relationships
- Positive thinking and valuing success
- Having dreams and aspirations

With this in mind, look at your own list. Is there anything you would like to add? *Pause the video and note down any more ideas if you need to.*

Wellbeing College

Identity

What makes up this person's identity? For example:



- Physical characteristics *e.g. female, black, tall*
- Education & profession *e.g. teacher/trainer*
- Skills, talents *e.g. good public speaker*
- Hobbies and interests *e.g. loves live music*

Now we are going to consider the concept of **identity**, the idea of having a positive self-image. We are going to start by thinking about all the things that make up a person's identity. In a moment I'll invite you to think about someone you know well and list all the many ways in which you could identify them as being "them" but let's start with an example.

This is a photo I simply took from the internet; I don't know this person, but I am simply using my imagination to demonstrate how we might think about the idea of someone's identity.

For example, we could think about **physical characteristics**, things we can see and observe about them. We can see this person is black, female and judging by her height relative to the white board, I'm going to say, quite tall.

Next, we could consider her **education or profession**, so in this image I might guess she is some sort of teacher or trainer and may have college or university qualifications perhaps.

We can also consider a person's **skills and talents**. In my example here I'm guessing this person is good at public speaking, perhaps pretty good at planning and organising and a good communicator in general.

How about her **hobbies and interests**? I'm guessing here again, but perhaps she loves live music, or maybe she enjoys reading fiction or loves cooking Italian food.

There are many other things we could consider about this person such as her **culture and ethnicity**, her **personality**, her **likes and dislikes**.

Wellbeing
College

Health
in Mind

Identity Activity

- Think of someone you admire and know well. What makes up their identity?
- Consider: physical characteristics, personality, education and profession, skills, talents and interests, culture and ethnicity and anything else that makes them who they are.
- List at least 20 things about them as if describing them to somebody else.

But now it's over to you. **For this next activity I invite you to think of someone you really admire and either know quite well or know a lot about.** It could be a friend or family member or someone whose work you admire or a celebrity. But pick someone you know a fair bit about or at least can make some educated guesses.

What makes up their identity?

Consider: physical characteristics, personality, education and profession, skills talents and interests, their culture, heritage and ethnicity, their belief system - and anything else that makes them who they are.

Pause the video and list as many things as you can about them as if you were describing them to somebody else.

When you have finished your list, move onto the next slide.

Wellbeing College Health in Mind

Identity

What makes up this person's identity?



- Female
- Dark hair and skin
- Black American
- Middle aged (40 +)
- Teacher/trainer
- Educated
- Married
- Mother, auntie, daughter, friend
- Volunteer for a children's charity
- Enjoys cooking
- Loves live music
- Plays piano and sings
- Loves cats
- Hates flying
- Good public speaker
- **Bipolar**

How did you get on? Did it take you long to write your list?

Going back to my example, I have made some guesses here to demonstrate the idea of identity and here is the start of the list I came up with. Had I known this person well I could probably have come up with a lot more.

For now, I have identified that she is:

- Female
- Dark hair and skin
- Black American (photo from US website)
- Middle aged (40 +)
- Teacher/trainer
- Educated
- Married
- Mother, auntie, daughter, friend
- Volunteer for a children's charity
- Enjoys cooking
- Loves live music
- Plays piano and sings
- Loves cats
- Hates flying and is a
- Good public speaker

What if she then had a mental health illness? Perhaps the person you were thinking of does too? How do you feel seeing **bipolar** added to the list?

Wellbeing College Health in Mind

Identity

Some thoughts



- People have many qualities, attributes and traits that make them who they are
- A mental illness is a part of someone's identity, not all of it.

As we can hopefully see from this exercise, people have many qualities, attributes and traits that make them who they are, and mental illness may be one of them.

It's perhaps worth noting that a mental illness can be a part of someone's identity, but not the sum total of it.

Perhaps each aspect of our identity has more or less significance at different times in our lives?

Wellbeing College Health in Mind

Identity

'Regaining a positive sense of self and identity, overcoming stigma and being recognised as a whole person – rather than being defined by illness or diagnosis – is another common theme of recovery.'

Source: The Scottish Recovery Network <https://www.scottishrecovery.net>

The Scottish Recovery Network summarises the relationship between **identity** and recovery when it says:

'Regaining a positive sense of self and identity, overcoming stigma and being recognised as a whole person – rather than being defined by illness or diagnosis – is another common theme of recovery.'

It's a powerful idea and something perhaps worth thinking about.

Wellbeing
College

Health
in Mind

Meaning

Activity – James’s story

- Watch the video on the next slide.
- Notice what gives James’s life meaning following his diagnosis.

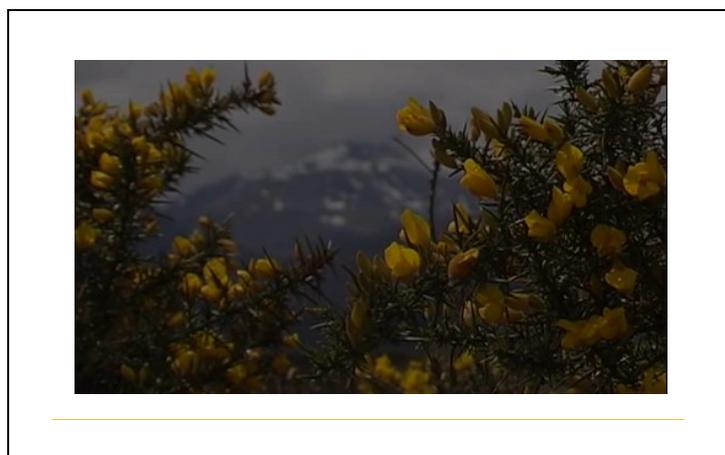
Video from The Scottish Recovery Network <https://www.scottishrecovery.net>

So, we’ve looked at 3 of the CHIME principles: Connectedness, Hope and Optimism and Identity. Now we’re going to consider the idea of **meaning**.

What gives meaning to our lives is one of life’s big questions and one that people can struggle with from time to time. It’s quite understandable to feel that our lives lack meaning when going through a difficult time. Sometimes life’s events force us to stop and question what matters to us.

That certainly happened to James whose story you are going to hear in the following video.

I invite you to watch his story and take note of how he found meaning in his life following his diagnosis.



Wellbeing College 

Meaning

James's story – some thoughts

James found meaning:

- Despite diagnosis of a deteriorating illness
- Through helping others with information
- By learning a new skill e.g. photography
- Sharing his skill with others
- By accepting his limitations and focussing on what he *could* do

I don't know about you, but I found that video very inspiring, as did my colleagues. There is a lot we could take from it, but when it comes to the idea of meaning we can see that James found meaning despite being very depressed after his dementia diagnosis.

He was able to help others facing a similar diagnosis by creating an information booklet and encouraging them to exercise their minds. He learned a new skill of photography and shared that skill with others.

He also learned to accept his limitations (no more fixing his daughter's car) and focussed on the things he could do. He is still able to achieve positive things which give his life meaning.

Wellbeing College 

Meaning

Activity

- Take a moment to reflect on what gives your life meaning. Note down any thoughts if you wish.

What gives your life meaning won't be the same as it is for James. It could be friends, family, hobbies, interests, perhaps work or volunteering, or life's little pleasures like your favourite meal or time spent in nature. Take a moment to reflect on what gives your life meaning and note down any thoughts if you wish.

Wellbeing
College

Health
in Mind

Meaning

- Living a meaningful and purposeful life is important for recovery. We all find meaning in different ways.
- Some people find spirituality important, while others find meaning through employment or the development of stronger interpersonal or community links.
- Many people find it important to feel valued and contribute as active members of the community.

Source: The Scottish Recovery Network <https://www.scottishrecovery.net>

To summarise we can see that living a meaningful and purposeful life is important for recovery, and we all find **meaning** in different ways.

Some people find spirituality important, while others find meaning through employment or the development of stronger interpersonal or community links – in other words relationships with friends, family and others in our community.

Many people also find it important to feel valued and contribute as active members of the community.

Wellbeing
College 

Empowerment Activity

Answer the following questions:

1. How do you look after your wellbeing?
2. What could you do more of?

Lastly, we are going to look at the theme of **empowerment**. This, if you remember, is about focussing on our strengths and taking responsibility for - and control of our lives.

And focussing on our strengths, is where we are going to start.

So, time to meet pen with paper again and ask yourself two questions.

Firstly – How do you look after your wellbeing? Think of everything you already do take care of yourself or make yourself feel better, even in the smallest of ways. For example, maybe you make sure you eat breakfast every day, or go for a walk in nature, perhaps you make a point of sharing your troubles with a friend or watching a favourite tv show. Include everyday things you may not feel are significant like brushing your teeth or showering. If it helps, think of everything you have done today to enable you to study this course – and make sure you include “learning with the wellbeing college” on your list.

Secondly – when it comes to looking after your wellbeing, what would you like to do more of? Perhaps you are good at taking care of your daily exercise but would like to spend more time with friends.

It might be helpful to look back at the notes you have taken throughout the course to give you ideas.

Wellbeing College Health in Mind

Empowerment

Some thoughts

Acknowledge your strengths and what you've already overcome.



I wonder how you found that exercise. I hope you managed to give yourself credit for all the things you *can* do right now – and for how far you've come in looking after your wellbeing.

Sometimes we forget to acknowledge ourselves for all the things we have overcome – and continue to overcome in life, but the more we can do that the more empowered we can feel to face our challenges in the future.

Wellbeing College Health in Mind

Empowerment

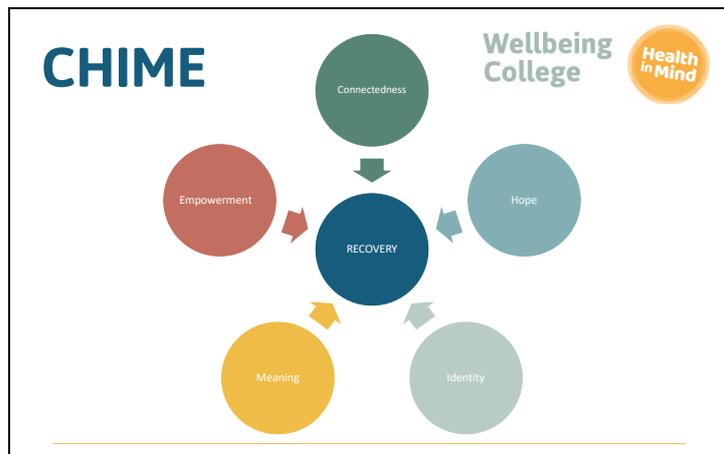
- Focusing on strengths, taking personal responsibility and control of your life are important for recovery.
- One way to gain more control over recovery is to develop and use self management techniques.
- Including people with experience of mental health issues in their communities and in decisions about treatment and support, encourages empowerment.

Source: The Scottish Recovery Network <https://www.scottishrecovery.net>

To summarise, **empowerment** means, as we have just discovered, focussing on your strengths, but also taking personal responsibility and control of your life.

Developing and using self-management techniques, is one way to gain more control, as is taking an active role in decisions about your treatment and support.

Making the decision to do this course today - and following it through to the end - is another example of empowerment so be sure to acknowledge yourself for that.



So those are the 5 CHIME principles, but let's remind ourselves of them again.

We have thought about:

- **Connectedness** - and the importance of having positive, supportive relationships in our lives.
- We've considered **hope and optimism** - the importance of having conviction that things can and will get better and of having hopes and dreams to look forward to.
- We've looked at the idea of positive **self-identity** and all the many things that make us the individuals we are
- We've thought about what gives **meaning** to our lives
- And finally, we've looked at how we can be more **empowered** when it comes to improving our wellbeing.

Wellbeing
College

Health
in Mind

CHIME and You

- **C**onnectedness e.g. call a friend
- **H**ope and optimism e.g. start a new hobby
- **I**dentify e.g. value my uniqueness
- **M**eaning e.g. spend time with family
- **E**mpowerment e.g. take a daily walk

And in the spirit of empowerment, I invite you to think about what you can take away from today. Which of these principles really resonate with you? Is there just one thing you can do to help you on your way to better mental health?

- Perhaps reach out to a friend/family member, or professional.
- Act on one of your hopes, think about a hobby or interest you want to develop that gets you in touch with one of your talents.
- Maybe it's as simple as taking some time to reflect on your uniqueness and what makes you, you.
- Reconsider what matters to you such as spending more time with family
- Look at the list of things you want to do more of to take care of your wellbeing and start with something small and manageable like taking a short walk every day.

What is mental health Recovery? Course Summary

- Have a clearer picture of what mental health recovery means.
- Appreciate what mental health recovery means to YOU.
- Have a basic appreciation of the CHIME principles.
- Discover steps you can take to apply CHIME in your own life.

Thank you for staying with me to the end of the course. Here is a reminder of what we have learned today:

- We've looked at what mental health recovery means by considering various definitions of recovery and considering what recovery might mean to you.
- We've looked at the CHIME principles of connectedness, hope, identity, meaning and empowerment and their role in mental health recovery
- And finally, we've looked at ways to apply these principles in your own life.



Find out more
Useful websites

- Scottish Recovery Network:
• <https://www.scottishrecovery.net/>
- Mind:
• <https://www.mind.org.uk/>

If you would like to find out more about the CHIME principles and what supports recovery you may wish to look at the Scottish Recovery Network website: <https://www.scottishrecovery.net>

For general information about mental health the Mind website is an excellent resource: <https://www.mind.org.uk>



Continue Learning



www.wellbeingcollege.org.uk

This may be the end of the course, but hopefully not the end of our time with you. Please look at our website www.wellbeingcollege.org.uk where you can register for more of our courses.



You can also contact us to request an appointment with a personal tutor to find out more about the college and perhaps develop a personal learning plan.

If you are not already on our email list, please sign up to receive our newsletter so we can stay in touch.

We'd also really love your feedback on this course, we'll send you an email to ask you what you thought of it so please do let us know!



Thank you again for taking the time to work through this course today - and for being willing to learn more about your mental health.

Thank you too for being part of the Wellbeing College. We look forward to learning with you again soon.