



The Royal Borough Mental Health Recovery Service

The service is open to anyone living in Windsor, Ascot or Maidenhead who is on a journey of recovery from mental health challenges or is currently experiencing mental health challenges. This can be a diagnosed or undiagnosed mental health condition, homelessness, trauma, abuse or recovery from addiction.

The service offers a wide range of free courses where we support you to be inspired to embark on an exciting journey of self-discovery.

The focus is on helping you understand your mental health and develop awareness of your personal coping strategies, as well as an opportunity to feel part of an understanding support network with other people that attend.

Courses are running in person and online until March 2024.

You can attend whichever topics you're interested in.

Topic list:

- Improving mental wellbeing
- Coping with stress
- Coping strategies
- Building confidence
- Assertiveness
- Discovering self-compassion
- Managing difficult emotions
- Positive problem solving
- Understanding anxiety
- Understanding social anxiety
- Understanding panic
- Understanding depression
- Understanding mental health medication
- Coping with celebrations & anniversaries
- Mindfulness
- Getting a good night's sleep
- Owning recovery
- Supporting others' mental health
- Boundaries
- Bereavement & loss
- Being mentally healthy at work/when volunteering

**For more information or
to book on to a course:**

**SCAN:
the QR code below**

**VISIT:
www.bucksmind.org.uk**

**CALL:
Louisa Gold on
07498 760302**

**EMAIL:
louisa.gold@bucksmind.org.uk**

