



The Royal Borough Mental Health Recovery Service

Buckinghamshire Mind is pleased to announce a new education and recovery service for people living in Windsor, Ascot and Maidenhead.

The service will be open to anyone who is on a journey of recovery from mental health concerns and has or is experiencing challenges to their mental health, physical and emotional wellbeing. You might be on a recovery journey due to a diagnosed or undiagnosed mental health condition, recovery from addiction, homelessness, trauma, or abuse.

The service will offer a wide range of free courses where we will support you to be inspired to embark on an exciting journey of self-discovery. There will be a focus 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 will be running in person and online between May 2023 and 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

Topic 1

Improving mental wellbeing

Mental wellbeing doesn't have one set meaning. We might use it to talk about how we feel, how well we're coping with daily life or what feels possible at the moment. It's not always easy to start caring for our wellbeing but there are lots of things we can try and small steps we can take to look after it.

In this session we'll explore The Five Ways to Wellbeing and how we might implement them into our day-to-day life.

Online:

22nd May 2023

9.30am - 1.00pm

In person @ Windsor Youth and Community Centre:

31st May 2023

9.00am – 12.30pm

[Book your free place here](#)

For more information visit [bucksmind.org.uk](https://www.bucksmind.org.uk) or call us on 01494 463364

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Topic 2

Coping with stress

Stress is how we react when we feel under pressure or threatened. Stress is something that we all experience but we need to pay close attention to it as it's connected to our mental health in several ways.

In this session we'll explore signs & symptoms of stress and explore steps we can take to manage it.

Online:

13th June 2023

9.30am - 1.00pm

**In person @ Maidenhead
Library**

5th June 2023

10.00am – 1.30pm

[Book your free place here](#)

Topic 3

Coping strategies

Many of us may have experienced increased stress and anxiety over the last couple of years. We've had a lot to cope with and *how* we cope plays a big role in our mental wellbeing. This session is about having some time out for yourself to pause and reflect on your personal coping strategies, how these might have been affected by recent things happening in the world and what has helped you to cope.

Online:

29th June 2023

9.30am - 1.00pm

**In person @ Windsor
Youth and Community
Centre:**

21st June 2023

9.00am – 12.30pm

[Book your free place here](#)

Dates for the next set of topics will be advertised soon.

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