

Royal Borough Mental Health Recovery Service video transcript

Hi, I'm Louisa and I'm the trainer for the Royal Borough of Windsor and Maidenhead Recovery Service with Bucks Mind and Mind and Berkshire. This service is here to support anybody who might be going through mental health challenges or are looking to improve their emotional or physical well-being. We offer lots of free courses on a wide range of topics like understanding depression, understanding anxiety, managing difficult emotions, coping with stress and lots of other things. So, in these courses we will go through sort of understanding your own mental health and some mental health awareness, as well as some coping strategies and sort of tips on how to improve your mental well-being.

These sessions are also a great opportunity to share experiences with other people and to learn from each other. The groups are small, so there is quite a lot of discussion, but if you don't feel comfortable participating, that's completely OK, you can just sit back and listen and learn from other people and listen to other people's experiences.

So yeah, these courses are free and they're held both online and in person, so whatever works best for you, that's OK, you can go to either one. You can attend any topics that you might be interested in. As long as you live in the Borough of Windsor and Maidenhead, you can self-refer and sign up using our booking forms. So if you're interested, please do sign up and I hope to see you there.