

WHAT DOES IT COST TO ATTEND?

*Courses are **FREE OF CHARGE** for:

- * People with a mental health condition who live in the South Eastern Sydney catchment area
- * Their families, carers and support people
- * Staff and volunteers working for South Eastern Sydney Local Health District
- * Staff from our Community College partners.

We reserve places in our courses and offer in-house, specialist courses for paying organisations or individuals who do not meet the above criteria.

HOW DO I ENROL?#

1. See the Course Guide and enrolment form on the college website if you don't already have a copy: www.seslhd.health.nsw.gov.au/Recovery_College
2. Complete the enrolment form and return to the Recovery College via email or post
3. A Recovery College Peer Learning Advisor will contact you and arrange to meet to discuss your learning needs and goals
4. You will be enrolled in your chosen courses (pending availability) and a confirmation letter/email providing course information and location will be sent to you.

#Please note a different enrolment process applies to staff attending courses. Please contact the Recovery College for details.

OUR TEAM

The majority of our staff have a lived experience of mental health issues

Our team is keen to provide you with support and guidance to ensure enrolment and attendance at courses is as easy as possible.

Recovery from mental health conditions is a diverse, personal and social experience. Our approach encourages proactive and purposeful engagement to build trusting relationships between staff and consumers. We believe the quality of this collaborative relationship is central to supporting personal recovery and promoting wellbeing.

OUR VALUES

- * Integrity * Respect * Hope
- * Collaboration * Self-determination
- * Opportunity * Inclusion
- * Enjoyment

CONTACT DETAILS

P: (02) 9113 2981

E: SESLHD-recoverycollege@health.nsw.gov.au

Course Guides and further information is available on our website:
www.seslhd.health.nsw.gov.au/Recovery_College



South Eastern Sydney
RECOVERY COLLEGE
Learning and Growth for Mental Health

An introduction to South Eastern Sydney Recovery College

*"Learning and Growth
for Mental Health"*

Principal Supporters



Also supported by



04/2016

The South Eastern Sydney Recovery College is a program of South Eastern Sydney Local Health District



Health
South Eastern Sydney
Local Health District

THE SOUTH EASTERN SYDNEY RECOVERY COLLEGE PROMOTES HEALING, WELLBEING AND RECOVERY BY PROVIDING LEARNING OPPORTUNITIES FOR PEOPLE TO BECOME EXPERTS IN THEIR MENTAL HEALTH SELF - CARE AND ACHIEVE THEIR GOALS AND ASPIRATIONS.



I learnt a lot and really enjoyed hearing other people sharing their experiences. Loved the activities.

Life Beyond Depression

I felt very valued. I was made to feel like what I do is very important and also how important it is to look after myself.

Self-Care for Carers

WHO ARE WE?

South Eastern Sydney Recovery College is a pioneering educational initiative in Australia which encourages learning and growth for better mental health.

ALL COURSES ARE JOINTLY DEVELOPED AND FACILITATED BY A PEER EDUCATOR WITH LIVED EXPERIENCE OF A MENTAL HEALTH CONDITION AND A CLINICAL EDUCATOR.

WHAT DO WE OFFER?

Our courses are **FREE*** and unique. We offer comprehensive education and training programs which have been developed and are delivered collaboratively by people with lived experience of mental health concerns and health professionals. We also offer support to students through development of learning plans. Courses are offered in four 'Streams' and vary each term. Courses also vary in duration. Some are also offered in community languages. Full details of courses offered are available on: www.seslhd.health.nsw.gov.au/Recovery_College

WHERE ARE THE COURSES HELD?

Courses are mostly run in partnership with the City East and St George and Sutherland Community Colleges and at other locations in:

- * St George Area
- * Sutherland Shire
- * Eastern Suburbs

OUR COURSES

We run courses which help people in:

Understanding Mental Health Conditions & Treatment Options e.g.

- * Introduction to Recovery
- * Understanding Anxiety/ Psychosis/ Depression
- * Understanding the Mental Health Act
- * Navigating the Mental Health System, etc.

Rebuilding Your Life – Developing Knowledge & Skills e.g.

- * Nutrition
- * Resilience
- * Introduction to Mindfulness
- * Getting into Volunteer Work
- * Making and Keeping Connections
- * Life Beyond Depression/ Psychosis, etc.

Getting Involved in Mental Health Services & Making a Difference e.g.

- * Systemic Advocacy in Mental Health
- * Committee Work
- * Challenging Stigma
- * Courses for Educators, etc.

Recovery Supporting Practices for Mental Health Workers e.g.

- * The Strengths Model in Practice
- * Introduction to Trauma Informed Care
- * Journeys in Gender, Sex and Sexuality, etc.



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