



FREE Health & Wellbeing Courses

At Innovation Recovery we aim to build mental resilience among our population within the cross border region, through provision of education and training.

Our courses are co-designed and co-delivered by individuals with lived experience of mental health difficulties alongside those with professional experience and knowledge.

Our courses are open to everyone aged 16 +.

We have also launched our **ONLINE** Recovery College, where a wide range of e-learning wellbeing courses can be accessed.

Some courses we offer are listed below + many more...

5 ways to Wellbeing

Understanding & Managing Depression

Top Tips for

Anxiety

How to get a Good Night's Sleep

Practising

Introduction to the Menopause

Men's Health & Wellbeing

Self-Care

(Please note: we require a minimum of 10 people for direct bookings)

For more information & to see our full course list, please contact Innovation Recovery on

Recoverycollege.east@southerntrust.hscni.net

Or

Alternatively please call **02830257012**