

☞ We all go through changes in life which can have an impact on our mental health.

Our courses follow a blended approach of theoretical learning and practical wellbeing exercises to help you understand mental health and ways you can look after yourself.

All of our courses are co-produced by health professionals and individuals with lived experience.

To sign up and find out more about the range of courses we offer visit us at -
mymentalhealthrecovery.com

#ChangeMyStory #InterregVa



**Free E-learning
Mental Health
and Wellbeing
Courses**

To get started, register today at:

mymentalhealthrecovery.com

NI (028) 7161 1237 / ROI (048) 7161 123
VRC.Admin@westerntrust.hscni.net

HSC HSE

How to register

Visit - mymentalhealthrecovery.com

**FREE
COURSE**

Create an account by entering your information. Once registered you will have access to all the online course materials to start your journey.

For further information or registration assistance please contact:



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