

## SHORT COURSES OMAGH RECOVERY COLLEGE

Here is a list of short courses that we are hoping to offer in our Recovery College in Omagh commencing in September 2014.

All courses are open to any individual affected by mental health difficulties including service users, carers, friends, family and staff members.

**Venues(s)** Omagh library  
Omagh College Further Education

**Duration** 2 hours

**Introduction to Mindfulness:** provides an introduction to what mindfulness is, how it can help and how you can start to be mindful in your life.

**Living with Psychosis:** This courses explores of our understanding of psychosis and provides help and advice on managing difficulties and the impact these may have for individuals and their families.

**Introduction to recovery:** What does Recovery mean for individuals with mental health issues?, How do we Recover? How do we help others Recover? This course explores these and other issues.

**Pain Management:** Basic introduction to the link between physical pain and mental health. This will include basic pain management strategies and tips that have helped others.

**Your Rights:** An introduction to your rights as a citizen, a service user and your rights under the 1986 mental health order.

**Managing Anxiety:** Simple strategies for helping you understand and manage your anxiety, and exploring the links between thoughts, feelings and your behaviour.



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**Stepping stones to Wellness:** This course helps you find those stepping stones to improve your confidence, fuel your creativity and take back control in your life.

**Living with Bipolar Disorder:** This course helps individuals gain an understanding of this disorder and how to recognise and respond to changes in their mood and behaviour.

**Introduction to Wellness Recovery Action Plan (WRAP):** This course explains how WRAP works to help you, alongside your friends and family to take control of your own wellness and plan for your own recovery.

**Sharing Skills to Promote Learning for Health:** this course is designed to help you understand group processes and improve your confidence in sharing your own experience and knowledge within group settings.

To get full details of courses available in your area, dates and venues, please fill out our form at the back of this pack and we will contact you.