



www.recoverycollegeonline.co.uk

Recovery College Online: Our Courses

Updated December 2023



**Providing a range of online educational
courses and resources.**

What we do

We offer recovery-based information and resources on the main website, covering a wide range of mental health and wellbeing topics, as well as real life experiences and stories, and free online courses on our E-Learning site. Anyone can access the website and the online courses, and there is no need for a referral, you simply create a free account to use the courses. The resources on the main site are available without creating an account.

How to access our courses

Some of our courses are available for guest access which means that anyone can view them. However, most of our courses do require you to create a free account with us.

If you head to the main website (www.recoverycollegeonline.co.uk), at the top of the page it says 'log in'; click this and it will take you to the E-Learning site. Alternatively, you can head straight to the E-Learning page here <https://lms.recoverycollegeonline.co.uk/>.

Once there, you need to create a free online account. It's easy and quick to do. We'll then authorise your account and then you'll be able to complete any of the courses that you'd like. You can take the courses in your own time and at your own pace, and if you decide to leave a course before you've finished it, when you next log in to your account, you can continue the course where you left off.

If you're unsure of how to use Moodle, the E-Learning site we use, there is a short course you can take called 'Using Moodle', which will take you through using the site.

Courses available on our website

Accessible courses

The contents of the following courses have been reviewed and updated to improve their accessibility. Please note that there are alternative versions available for elements or activities that may be less accessible.

ADAPT: After Diagnosis of Autism Parent support Training

Creating a Routine for Positive Change

Dealing with an existential crisis

Delirium Awareness

Exploring Formulation

Exploring Stress

Exploring Obsessive Compulsive Disorder

Health, Wellbeing and Employment

Introduction to Recovery series

Making Every Contact Count

Nature and Wellbeing

Power, Threat, Meaning Framework

Recovery: The New Me

Spirituality & Recovery

Trauma Informed Care

Unusual Experiences Series

Writing and Wellbeing

Your Mental Health & Wellbeing (13 to 18 years)

Exploring Health Anxiety

Exploring Social Anxiety

Recovery

Introduction to Recovery

Recovery: The New Me

Dealing with an Existential Crisis

Positive Psychology

Spirituality & Recovery

Exploring the Biopsychosocial Model

Coping with a Mental Health Crisis

Fives Ways to Wellbeing

Lifestyle & Wellbeing

Health, Wellbeing and Employment

Lifestyle and Recovery Series

Exploring Stress

Complementary Therapies

Dealing with Loss

Art, Museums and Wellbeing

Writing for Wellbeing

Singing for Wellbeing

Running for Recovery

Nature and Wellbeing

Exploring Psychological Resilience

Creating a Routine for Positive Change

Health and Wellbeing for Students

Communication & Behaviour

Dealing with Other People

Meaningful Communication

Making Every Contact Count

Therapeutic Approaches

Introduction to Psychological Therapies

Exploring Formulation

Exploring the Power, Threat, Meaning Framework

DBT Skills Resource

Positive Behavioural Support

Mental Health Conditions

Unusual Experiences Series (psychosis)

Exploring Diagnoses

Exploring Obsessive Compulsive Disorder

Exploring Social Anxiety

Exploring Health Anxiety

Exploring Depression

Coping with Anxiety and Panic Disorder

Cancer and Mental Health Series

Delirium Awareness

Medication

Know Your Medication

Coming Off Medication

Trauma

Trauma & Recovery

Dealing with a Major Incident

Trauma Informed Care

Mental Health Legislation

Exploring the Mental Health Act

Exploring the Mental Capacity Act

Supporting Children & Young People

ADAPT: After Diagnosis of Autism Parent support Training

Parenting and Attachment

Understanding mental health and wellbeing (for parents and carers)

Supporting children and young peoples' wellbeing (for teachers)

Supporting the mental health of children and young people (for other professionals)

For Children & Young People

Why create an account?

My CHIME: What's good for wellbeing?

Being healthy (for under 12 years)

Your Mental Health and Wellbeing (13 to 18 years)

Resilience (Under 12 years)

Exploring Psychological Resilience (13 to 18 years)

Thinking about Thinking (13 to 18 years)

Coping During the Pandemic

Pandemic Recovery

Staying safe online

Maintaining occupational balance during uncertain times

Spirituality Workbook

[ADAPT: After Diagnosis of Autism Parent Support Training](#)

This resource is for parents of children and young people who are diagnosed with Autism Spectrum Condition (ASC).

It is designed to be an updated and improved online version of the previous Brief ASCEND course which was being delivered through 3 ½ day face to face sessions prior to the Covid-19 pandemic.

The resource has been co-produced by the CAMHS (Child and Adolescent Mental Health Services) and CYC (City of York Council) Specialist Teaching Team in York.

[Art Museums and Wellbeing](#)

This course explores the role art and museums can have on mental wellbeing and recovery. There is emerging evidence that suggests that accessing art and museums can have positive health and wellbeing outcomes for people, and that they play a role in helping people to stay well and recover faster, including mental health. The course considers how to get the most out of art and museums to support your wellbeing.

[Being Healthy \(for under 12 years\)](#)

Being healthy is for children who are 12 years old or less. It looks at what we mean when we talk about being healthy, how to help keep our feelings healthy as well as knowing our emotions (particularly big emotions) and how to manage them.

[Cancer and Mental Health Series](#)

There are three topics in the cancer and mental health series, however, you do not need to complete them all, just the topic you are interested in. Of course, you can complete all the topics if you wish to. They are:

- Part 1 Preventing cancer, early signs, and symptoms.
- Part 2 Diagnoses and receiving cancer treatment.
- Part 3 Living with and beyond cancer.

The information contained in this course is relevant for people living with mental health difficulties or those that have experienced them in the past; those looking after someone living with a mental health condition and cancer such as a family member or health professionals.

[Coming off Medication](#)

This course looks specifically at coming off medication. It discusses various drug groups and the associated adverse effects that may occur when stopping them, the reasons why stopping slowly is healthier, some strategies for how to stop, when it might be important to

stop suddenly and managing long term adverse effects of having stopped medications too quickly.

Complementary Therapies

Complementary Therapies explores the various complementary and alternative therapy treatments available today, including Aromatherapy, Traditional Chinese medicine, Light therapy, and Yoga.

The course includes the history of each therapy, how they work and how to access them.

Coping with a Mental Health Crisis

This course considers how a mental health crisis may present itself and what you can do to help yourself cope with a crisis. It looks at ways you can prepare yourself and develop resilience in the longer term, as well as how to respond and support someone who is experiencing a crisis right now.

Coping with Anxiety and Panic Disorders

This course looks at how anxiety is a normal human response to everyday stresses and explains when anxiety can become a mental health issue. It explains what panic disorder is, what defines a panic attack, dealing with and preventing panic attacks and ways to cope with anxiety disorders including positive coping strategies, relaxation techniques, complementary therapies, psychological therapies, and medication used to treat the symptoms of anxiety and panic.

Creating a Routine for Positive Change

This course will discuss what a routine is and the positives and negatives of having a routine. It will also look at how to create habits and build routines using habit stacking, the CHIME factors, and the Cycle of Change. Finally, it will give examples of morning and evening routines and some tips to help you to create a routine.

DBT Skills Resource

A resource that contains a summary of key skills taught in Dialectical Behaviour Therapy also known as DBT (Mindfulness, Distress Tolerance, Emotional Regulation, and Interpersonal Effectiveness). The skills are presented in an easy-to-use format for those who are currently accessing DBT, have graduated from a DBT programme or have an interest in DBT. The resource consists of videos created by staff who work in DBT, and written summaries of the skills covered in the videos.

Dealing with a Major Incident

This course is divided into the following sections:

Dealing with the Personal Impact of a Major Incident

This section is aimed at anyone who has been affected by a major incident or knows someone who has, either personally or professionally. It considers the personal impact of a major incident and explores what can help.

Adults Supporting Children after a Major Incident

This section is aimed at adults supporting children in either a personal or professional capacity. For example, this could be family, carers, school, or health service staff. It considers how a major incident can affect children and what you can do to support them. It also explores understanding why it is sometimes necessary to seek more help and when to do so.

Children Dealing with the Impact of a Major Incident

This section has age-appropriate information which a child could read through by themselves or ideally with an adult. The section uses a story format to explore some of the issues that children exposed to a major incident experience. This is in addition to the main content that provides information and includes some activities aimed at helping children express their thoughts and feelings.

Young People Dealing with the Impact of a Major Incident

This section has information specific to this age group about the personal impact of a major incident, what can help, and why it may be necessary to seek more help sometimes.

Incident Preparedness

This section is aimed at professionals and organisations, identifying key aspects about how to plan and prepare prior to a major incident. It also aims to promote the resilience of survivors and responders directly or indirectly exposed to such incidents.

Community or Service level responses to trauma

This section provides a model identifying the priority tasks that need to be addressed following a major incident and considers the impact and effectiveness for staff and survivors of various management styles.

Interviews with people who have experienced a major incident

This section has a collection of personal accounts with people who have experienced a major incident. Reading other people's reflections while sometimes difficult, can deepen an individual's understanding of their own thoughts, feelings, and behaviours and in this way may aid recovery.

Dealing with an Existential Crisis

This course aims to help you understand and cope with the challenges and uncertainties that arise when confronting the fundamental questions of existence. It will provide you with ideas and strategies to support you through periods of existential questioning and to find meaning or purpose and a sense of acceptance in your life.

Throughout the course, you will have the opportunity to reflect on the ideas presented which can encourage personal exploration and growth. The aim is to provide you with skills and insights that can help you navigate an existential crisis and foster a deeper sense of meaning and fulfilment in your life.

Dealing with Loss

This course considers different types of loss and how it might make you feel. It explores the processes of dealing with loss and how you can help yourself or someone else. It also considers different cultural and religious perspectives on loss.

Dealing with Other People

This course explores the benefits of dealing with other people effectively and considers some of the difficulties people experience when dealing with others.

The course looks at:

- The boundaries we have and the impact of diversity.
- Empathy, listening skills and validation.
- Conflict and how to be more assertive.
- Professionals and shared decision making.

Delirium Awareness

This course provides an overview of delirium and explains why we need to know about it to help raise awareness. It is aimed at those living with mental health issues and those who live with or look after them, members of the public and staff.

Exploring Depression

This course explores the topic of depression, the most common mental health condition that can affect people of all ages. It looks at the causes and common symptoms of depression as well as the different types that people can experience.

It also looks at living with depression, how it is treated and how to find further help and support if you or someone you know needs it.

Exploring Diagnoses

This course explores what diagnoses are, the classification systems used by professionals, the prevalence of several diagnoses and how experiences occur on a spectrum. Additionally, this course looks at the impact of receiving a diagnosis, the stigma surrounding diagnoses and some of the controversies of some diagnoses. Lastly, this course considers a few possibilities for alternatives to the current diagnostic systems.

Exploring Formulation

Formulation is about gathering relevant information to help make sense of experiences in a highly personalised way. This course provides an overview of formulation approaches used in mental health treatment and is aimed at those living with mental health difficulties and those who live with or look after them, members of the public and staff.

Exploring Health Anxiety

This course explores the topic of health anxiety. It considers how health anxiety might present itself and looks at self-help techniques for managing health anxiety and where to get further help.

Exploring Obsessive Compulsive Disorder

This course explores what obsessive compulsive disorder (OCD) is, what it isn't, what it's like to live with, how to manage living with it and how therapy and medication may play a role in this.

Exploring Psychological Resilience (13 to 18 years)

Exploring psychological resilience is for young people aged 13 to 18 years.

It will help you to understand:

- What resilience means.
- Discovering resilience.
- Building resilience.

Exploring Social Anxiety

This course explores social anxiety, looking at its causes, how it feels to experience it and how to manage it.

Exploring Stress

Exploring Stress looks at what stress is, the physical and psychological impact of the stress response, the stress vulnerability bucket model, basic coping theory, everyday ways of

coping, how genetics and the environment influence our vulnerability to stress and what can help when dealing with stress.

[Exploring the Mental Capacity Act](#)

This course looks at the various aspects of Mental Capacity Act including the principles that underpin it, assessment of capacity, the safeguards involved, lasting power of attorney and advanced statements/decisions.

[Exploring the Mental Health Act](#)

This course explores what the Mental Health Act (1983) is and how it is used in relation to a person's journey from assessment and treatment through to discharge and aftercare. It also follows the story of Iris, a young woman who has experienced a mental health crisis that led to admission to hospital under the Act.

[Exploring the Power, Threat, Meaning Framework](#)

Are you interested in finding out more about an alternative way of understanding mental health? The Power, Threat, Meaning Framework was co-created by leading experts in psychology and people with experience of mental health difficulties. It offers an innovative and alternative approach to understanding mental health, wellbeing, and personal growth. The framework challenges conventional diagnoses and labels, instead it embraces a holistic perspective that acknowledges the uniqueness of everyone's experiences and struggles. In this course, you'll explore the interplay between power, threat, and meaning in our lives, and understand how past experiences, society, and personal narratives shape our identities and responses to challenges. There is also a short version of this course available via the 'Introduction' page.

[Health, Wellbeing and Employment](#)

This course explores the topic of health, wellbeing, and employment. It discusses what wellbeing is, the Five Ways to Wellbeing and, ways you could integrate these into your working and non-working life. It also includes tips to prioritise your health and wellbeing including strategies for working from home, looking after your mental health, setting boundaries, working in a team, and seeking support.

[Health and Wellbeing for Students](#)

For many students, starting university will mean living away from home for the first time. You may come across situations which are new to you, which could trigger some feelings of stress.

This course looks at the transition to university, being a student and how to look after yourself with an emphasis on taking care of your wellbeing and how to ask for help. It has been co-created with Teesside University.

Introduction to Psychological Therapies

This course will explain the role of psychological therapies and consider some of the reasons for seeking it. It will look at the therapeutic relationship, offer an overview of various types of therapies and explore the different routes to accessing therapy. The course offers you the chance to think about whether this is the right way forward for you or whether any of the alternatives to therapy might be more useful to you at this time.

Introduction to Recovery

This introduction to recovery includes the following topics:

- Personal Recovery.
- The CHIME Factors (Connectedness, Hope, Identity, Meaning and Empowerment).
- Spirituality & Recovery.
- Positive Psychology.
- The Five Ways to Wellbeing.

Know your Medication

Know your medication looks at a brief history of medications used in mental health, a basic overview of the way neurotransmitters and synapses are involved in their efficacy, the various factors that influence whether medications are useful for a person's recovery, some potential adverse effects and contraindications, the alternatives to medications and why and how people may reduce or stop taking them.

Lifestyle and Recovery Series

This course looks at lifestyle in relation to recovery using a holistic model.

Current topics include:

- Introduction to Lifestyle & Recovery.
- Sleep & Relaxation.
- Nutrition & Wellbeing.
- Exercise & Recovery.
- Drugs & Alcohol.
- Mindfulness of Daily Life.
- The Role of Goal Setting.

Maintaining Occupational Balance in Uncertain Times

This course has been designed by specialist occupational therapists. The idea for the course was sparked by the COVID-19 pandemic and how it has impacted on peoples' lives across the world. The course focuses on tips to maintaining occupational balance during these uncertain times and will guide you through the landscape of how an understanding of occupation and how you can refine or learn new skills or knowledge as applied to your life right now. This will help your ability to better achieve occupational balance, make positive changes, and meet your needs and the needs of people around you.

Making Every Contact Count

This course introduces Making Every Contact Count (MECC), which is an approach to behaviour change. It utilises the millions of day-to-day interactions that organisations and people have with other people, to encourage changes in behaviour that have a positive effect on the health and wellbeing of individuals, communities, and populations.

Meaningful Communication

Meaningful communication explores what communication is and the different common communication styles, passive, aggressive and assertive. It also covers resilience and ways to build confidence and self-esteem.

My CHIME- What's Good for Wellbeing

This course is for children and young people of any age. It looks at the acronym CHIME which stands for Connectedness, Hope, Identity, Meaning and Empowerment. It explains what they are and how they are useful aspects of life with some practical ideas for strengthening them.

Pandemic Recovery

This course has been created to give you information about current guidance relating to living with the pandemic. It contains links to the most up to date advice, as well as exploring how you might be feeling, what you can do to support your mental health at this time and support other people you know, including children and young people and some accessible information.

Parenting and Attachment

Parenting and attachment explores what is meant by attachment, the theories about how we form attachments in childhood and the impact these attachments have throughout our adult life.

Positive Behavioural Support

Positive Behavioural Support can be used when someone's behaviour is challenging the people around them and affecting their quality of life.

This course explores how Positive Behavioural Support works and considers how it might help you or someone you know or work with.

Positive Psychology

A 6-topic course, informed by evidence and research, exploring the topic of positive psychology. This includes personal strengths, positive experiences and relationships and the theory of wellbeing. Learners will have the opportunity to develop their knowledge, and practice using the skills and tools that positive psychology has to offer. It will involve a mixture of knowledge, practical exercises and will promote individual reflection.

Recovery: The New Me

Recovery: The New Me provides an exploration of the five factors, known as CHIME, that both service users and professionals have created together to improve personal wellbeing.

Resilience (under 12 years)

This course is for children under 12 years old. It will help you learn more about what resilience is and how to be more resilient.

Running for Recovery

Running for Recovery explores the health and wellbeing benefits of running.

Singing for Wellbeing

Singing for wellbeing explores how singing works, why it is beneficial to our wellbeing, and how you can get involved with singing too.

Spirituality and Recovery

The Spirituality and Recovery course will give you the opportunity to learn about spirituality and the role it can play in mental health recovery. This course does not promote any belief system or religion. Rather, it will give you the chance to explore what spirituality means to you and how you can develop your own sense of spirituality.

There are five topics in this course, these are:

- Introduction to Spirituality and Recovery.

- Spiritual Explorations.
- The Spirituality Flower.
- Unusual Experiences.
- Spiritual Practices and Resources.

[Spirituality Workbook](#)

This workbook aims to introduce some ideas about spirituality and provide a framework that people can use to explore their own spirituality and how it relates to their mental health and wellbeing. There are lots of real-life stories along the way to illustrate the ideas.

[Staying Safe Online](#)

The COVID-19 pandemic means that more of us are working remotely at home, socialising, shopping, and educating our children online. That makes it more important than ever that we do everything we can to stay safe online. This course has been created to give you information about how to make the most of your time online including looking after your wellbeing and supporting children and young people online.

[Supporting Children and Young Peoples' Wellbeing \(for teachers\)](#)

Supporting children and young peoples' wellbeing is aimed at adults working with young people in primary and secondary schools in the UK, including serving and trainee teachers, support staff and volunteers. This course gives you information on how to support a young person in school and where to go for further information.

[Supporting the Mental Health of Children and Young People \(for other professionals\)](#)

Supporting the mental health of children and young people is aimed at adults who have contact with children and young people. Professionals can have a huge impact on the health and development of children and young people. This course explores ways that you can support a child and gives you information on what to do if a child is having emotional difficulties.

[The Biopsychosocial Model](#)

This course explains the different aspects of the biopsychosocial model and how this can be used by mental health professionals.

Thinking about Thinking (for 13 to 18 years)

This course is for young people aged 13 to 18 years. This course explores the topic of thinking, how we think, worry and about 'unhelpful' thoughts. It looks at the different types of unhelpful thoughts people can experience as well as ways that these can be managed.

Trauma and Recovery

This trauma and recovery course aims to provide education about the impact of trauma for anyone with personal experience or an interest in this area. This course is not intended to replace trauma informed care, trauma therapy or trauma informed peer support, but it can be used to support these approaches.

The intention of this course is to make information about trauma available in an online learning format so that everyone can benefit from a greater understanding of the impact of trauma, with the hope that this understanding will form part of their recovery or help with someone else's. It will also be recognised as CPD for staff.

Trauma Informed Care

Trauma informed care provides an overview of trauma and how the care that is offered should be shaped by this. It is aimed at those living with mental health problems and those who live with or look after them, members of the public and staff.

Understanding Mental Health and Wellbeing (for parents and carers)

Understanding mental health and wellbeing is aimed at parents and carers of young people and explores what is meant by mental health, how to recognise when somebody is struggling, how to provide support, how to look after yourself and provides information on where to get extra support.

Writing and Wellbeing

This course starts by exploring the many different types of writing and the background to writing and wellbeing. It will tell you about the ways that writing can support your sense of wellbeing or aid your mental health recovery. It gives lots of examples of how you can get started with writing and some of the things you might want to consider when you do.

Your Mental Health and Wellbeing for 13 to 18 years

This course is for young people aged 13 to 18 years. It will help you to understand what mental health means, the signs of mental health problems, common mental health issues and wellbeing and resilience.