



Tees, Esk and Wear Valleys

NHS Foundation Trust



recoverycollege^{online}

www.recoverycollegeonline.co.uk

Recovery College Online

Course List October to November 2026



What we do

Our website is full of lots of information, tools, and online courses about feeling well and mental health. You can learn about many different topics and read real stories from people.

Anyone can use the website and do our online courses. Create a free account to use the courses. You don't need one to look around the rest of the website.

How to do our courses

If you go to our website (www.recoverycollegeonline.co.uk), at the top of the page it says 'Courses'; click this and it will take you to all the courses you can do on our website.

Once there, choose a course and click take this course. You will then need to create a free online account to be able to do most of our courses.

Next you, will then get an email from us which asks you to activate your account. Once you have done this, you'll be able to do 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 want 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.

Courses on our website

Cancer and Mental Health Series

- Part 1: Preventing Cancer and Spotting it Early.
- Part 2: Diagnosis and Receiving Cancer Treatment.
- Part 3: Living With and Beyond Cancer.

Communication and Behaviour

- Dealing With Other People.
- Explore the Biopsychosocial Model.
- Making Every Contact Count.
- Meaningful Communication.
- Positive Psychology
- Staying Safe Online.

Dealing with a Major Incident Series

- Adults Supporting Children After a Major Incident.
- Community or Service Level Responses to Trauma.
- Dealing With the Personal Impact of a Major Incident.
- For Children Dealing With the Impact of a Major Incident.
- Incident Preparedness.
- Interviews With People Who Have Experienced a Major Incident.
- The Story of Bettrys.
- Young People Dealing With the Impact of a Major Incident.

Food, Healthy Eating and Nutrition.

- Lifestyle and Recovery Series: An Introduction to the Basics of Food, Healthy Eating, and Nutrition.

For Children and Young People

- Dealing With a Major Incident Series: For Children Dealing With the Impact of a Major Incident (links with the below story).
- Dealing With a Major Incident Series: The Story of Bettrys.
- Dealing With a Major Incident Series: Young People Dealing With the Impact of a Major Incident.
- Moving Forwards after Difficult Times and Building Resilience
- (For 13 to 18 year olds)
- My CHIME – What’s Good for Wellbeing (For Children and Young People)
- Thinking About Thinking (For Young People Aged 13 to 18).
- Your Mental Health and Wellbeing (For Young People aged 13 to 18).

Lifestyle and Wellbeing

- Animals and Wellbeing.
- Art, Museums and Wellbeing.
- Balancing Everyday Activities for Wellbeing.
- Complementary and Alternative Therapies.
- Creating a Routine For Positive Change.
- Exploring Loneliness.
- Dealing with Loss.
- Exploring Negative Thoughts.
- Exploring Stress.
- Five Ways to Wellbeing.
- Health, Wellbeing and Employment.
- Health and Wellbeing for Students.
- Lifestyle and Recovery Series (Series of Courses).
- Moving Forward after Difficult Times and Building Resilience (For Adults)
- Moving Forward after Difficult Times and Building Resilience (For Young People)
- Nature and Wellbeing.
- Practicing Gratitude.
- Running for Recovery.
- Writing for Wellbeing.

Lifestyle and Recovery Series:

- What is Health?
- An Introduction to the Basics of Food, Healthy Eating, and Nutrition.
- Drugs and Alcohol.
- Exercise.
- Mindfulness of Daily Life.
- Sleep and Relaxation.
- The Role of Goal Setting.

Mental Health Conditions

- Exploring Anxiety and Panic Disorder.
- Exploring Depression.
- Exploring Diagnoses.
- Exploring Health Anxiety.
- Exploring Obsessive Compulsive Disorder.
- Exploring Social Anxiety.
- Unusual Experiences (Including Experiences Linked to Psychosis and Related Conditions) Series.

Recovery

- Coping with a Mental Health Crisis.
- Explore the Biopsychosocial Model.
- Fives Ways to Wellbeing.
- Moving Forward after Difficult Times and Building Resilience (For Adults).
- Moving Forward after Difficult Times and Building Resilience (For Young People).
- Positive Psychology.
- Recovery: The New Me.
- Spirituality and Recovery.
- Spirituality Workbook.

Resilience

- Moving Forward after Difficult Times and Building Resilience (For Adults)
- Moving Forwards after Difficult Times and Building Resilience (for 13 to 18 year olds)

Spirituality

- Spirituality and Recovery.
- Spirituality Workbook.

Supporting Children and Young People

- ADAPT: After Diagnosis of Autism Parent support Training.
- Dealing with a Major Incident - Adults Supporting Children After a Major Incident.
- Parenting and Attachment.
- Supporting Children and Young Peoples' Wellbeing (for Teachers).
- Supporting the Mental Health of Children and Young People (for Other Professionals).
- Understanding Mental Health and Wellbeing (for Parents and Carers).

Therapeutic Approaches

- Complementary and Alternative Therapies.
- Exploring Formulation.
- Exploring Positive Behavioural Support.
- Find out about Psychological Therapies.
- Find out about the Power, Threat, Meaning Framework.

Thinking

- Exploring Negative Thoughts.
- Thinking about Thinking (For Young People Aged 13 to 18.)

Trauma

- Dealing with a Major Incident Series (Series of Courses).
- Trauma and Recovery.
- Trauma Informed Care.

Unusual Experience Series

- 1: Exploring Unusual Experiences (Including Experiences Linked to Psychosis and Related Conditions).
- 2: Explaining Unusual Experiences (Including Experiences Linked to Psychosis and Related Conditions).
- 3: Treatment and Self-help for Unusual Experiences (Including Experiences Linked to Psychosis and Related Conditions).

Guest courses

We have some courses which can be done without creating an account, these are:

- Dealing With a Major Incident Series: For Children Dealing With the Impact of a Major Incident (links with the below story).
- Dealing With a Major Incident Series: The Story of Bettrys.
- My CHIME – What's Good for Wellbeing (for Children and Young People)

If you have any questions about the website, email tewv.vrc@nhs.net and a member of the team will reply back during working hours (8.30 till 5 Monday to Friday, not including bank holidays).