

Northern Trust



Recovery College

# 2024/25 PROSPECTUS



**RECOVERY COLLEGES**  
**ARE EDUCATIONAL**  
**CENTRES, OFFERING**  
**COURSES ON MENTAL**  
**HEALTH AND RECOVERY**  
**WHICH ARE DESIGNED TO**  
**INCREASE KNOWLEDGE**  
**AND SKILLS TO HELP**  
**PEOPLE FEEL MORE**  
**CONFIDENT IN THE**  
**SELF-MANAGEMENT**  
**OF THEIR OWN MENTAL**  
**HEALTH AND WELLBEING.**

Welcome to our prospectus for 2024/2025.

It's been really encouraging to meet so many keen students during the last academic year - both online and in the community. As a college we are committed to developing and improving our service and to welcome both returning and new students this year. We realise that recovery is an individual journey, each person's experience will be unique. The college recognises the importance of connecting with others, sharing experiences, knowledge and skills. This always remains the college's priority.

The courses developed within the recovery college each go through a process of co-production - this simply means that at the very core of all subject areas there has been consideration from a cross section of people, each contributing to the development and delivery of the courses. These individuals may have their own experience of a mental health challenge, or may be a professional in the field of mental health. Together this collaboration contributes to ensuring the courses are of the most useful and relevant for our students.

For a lot of people, attending a course, whether in person or online, may feel outside your comfort zone, but be assured that you will be welcomed and made to feel at ease with the process. Absolutely everybody is welcome to the Recovery College (16 years +).

**Have a look at our various courses  
and get involved**



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# WHO'S WHO IN THE RECOVERY COLLEGE



## WHAT IS A RECOVERY COLLEGE?

Recovery colleges are centres that run workshops specifically designed to increase awareness and understanding of recovery and what it means to each individual.

- Runs like a college, based on college principles – terms, timetables, prospectus, students etc.
- Courses are all co-produced and co-delivered – this means people with lived experience of mental health challenges work alongside individuals with professional experience (nurses, occupational therapists, social workers etc) to create and facilitate all our sessions
- College team includes, Manager, Peer Recovery Trainers, Recovery Trainers, Bank Sessional Trainers, Volunteers and an Admin Team
- Everyone is equal and all experience is valuable
- Everyone is welcome (aged 16+) – this includes individuals who use services, carers, families, Trust staff, members of the general public – Anyone!
- Participation in sessions is optional – this is not school! Learning is informal and fun
- All courses are FREE to attend and you can attend as many or as few as you wish
- You self-register to attend – No referral is required
- Educational not Therapeutic – we focus on learning and are not a substitute for other therapies
- We are based on the Recovery Principles of Hope, Opportunity, Control and Empowerment

### COLLEGE MANAGER



Janice Gray

### ADMIN TEAM



Stephanie Dempsey



Lesley Rogers

### TRAINERS



Audrey Montgomery



Margarett O'Donnell



Gwen Blackwell



Paul McCarroll



Claire Stuart

### Special Thanks

We would like give a special thanks to our extended team made up of Volunteers and Sessional Trainers who help us deliver the different variety and volume of courses we offer.

## HOW TO USE THE PROSPECTUS

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This academic year we will again produce one prospectus – courses will be offered both online and in the community.

### Timetables are produced every 2 months

- You will receive a timetable in the post if you are on our mailing list.
- Or you can access it online.
- These timetables will advise the dates, times and venues for each of the college sessions .
- Once registered we will contact you by letter/email to confirm your place on the course.
- You will also receive a reminder.
- If you can no longer attend – please let us know.

## HOW TO APPLY

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You must register in order to book your place on courses (we can help you with this).

Return the registration form inside this prospectus to:

-  Recovery College Hub, Carrick 3,  
60 Steeple Road  
Antrim,  
BT41 2RJ
-  Register online via <https://www.mentalhealthrecoverystories.hscni.net/recovery-college-registration-form/>
-  E-mail your information to: [recovery.college@northerntrust.hscni.net](mailto:recovery.college@northerntrust.hscni.net)
-  Call us on 028 9441 3449 to complete registration over the phone

## PROTECTING AND USING YOUR INFORMATION

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In order for the Northern Health and Social Care Trust to help provide a service for you we need to know some information about you. Personal information that we process about you is governed by the Data Protection Act 2018 and the General Data Protection Regulation (GDPR).

We only collect the information we need to, this is all included on our registration form. Information you provide to us is recorded on a paper file and also on our computer systems. We collect this information to be able to contact you in regard to the workshops you have registered for, and any other information you have agreed to receive.

Your information may also be used for gathering Recovery College statistics.



## RECOVERY APPROACH

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In mental health everybody has a different understanding of Recovery. However most would accept that Recovery **doesn't mean a total 'cure'** from symptoms. Instead it recognises the development of an individual's **coping strategies and self-management tools** to help deal with challenges as and when they arise. Here in the Recovery College one of the concepts we like to focus on is that of **HOPE**. Connecting with and developing this principle can be life changing, **and positively impact on an individual's journey.**

Recovery emphasizes that while people may not have control over symptoms, they **can have full control over their lives**. Recovery is not about 'getting rid' of problems. It is about seeing an **individual beyond their mental health**, recognising their strengths, abilities, interests and dreams. All experiences can provide us with **opportunities for change, reflection and discovery of new values, skills and interests.**

It is always encouraging to hear first-hand testimonies from those students that attended courses and report **significant improvement in managing their mental health** and well-being. We would encourage you to have a look at our prospectus, to identify sessions best suited to your needs, and to apply for either a community or online course.

Based on content from [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

## NORTHERN TRUST RECOVERY COLLEGE CHARTER

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### YOU CAN EXPECT US TO:

- Handle all enquiries in a friendly, professional and timely manner
- Give you comprehensive details of our online sessions and the online platform used
- Respect diversity and individuality
- Promote a safe, inclusive and friendly learning environment in which everyone is treated with dignity and respect
- Focus on education and learning as opposed to treatment and therapy
- Allow opportunities to provide feedback about the College that will be used in future course development
- Explain the safety policies and procedures of any venue where training is delivered
- Provide courses that are evidence based, co-produced and developed around the concepts of Hope, Opportunity and Control
- Validate all contributions made throughout sessions

### WE EXPECT YOU TO:

- Provide us with the information required to enrol you at the College
- Feel no pressure to disclose anything in relation to personal or professional life
- Attend courses punctually and let us know if you are running late, or can no longer attend
- Respect others who attend the sessions
- Not behave in any way that may be considered threatening or disruptive or is likely to upset other students or staff
- Take personal responsibility in contributing to a safe, and comfortable learning environment – including refraining from the use of alcohol, un-prescribed medication or illegal substances
- Understand the Recovery College exists as a place of learning; not as a therapy or treatment centre
- Treat public venues with respect and adhere to their policies and procedures
- Respect diversity and individuality – we are all different

# HELPFUL TIPS FOR ATTENDING SESSIONS

## ONLINE

- Be prepared in advance – [download the app](#)
- You will receive **codes** for courses prior to the day they are due. If you have not received them – **please contact the office**
- Please **remain on mute** to help **eliminate background noise** and prevent disturbing others
- Try to complete sessions in a **space free from distractions**
- **Bring refreshments** so you don't have to miss any of the session

## COMMUNITY

- When attending in the community you will receive a **pack on arrival with everything you need** – pens, course slides, feedback form etc. **You do not need to bring anything**
- If you are running late – **please let us know**
- If you wish to be **accompanied** by someone, please **ensure they have registered** with the college as well.
- **Tea/coffee** will be provided – but please feel free to bring other refreshments **if you wish**



Northern Health  
and Social Care Trust



Northern Trust Recovery College Registration Form

### Protecting and Using Your Information

Personal information that we process about you is governed by the Data Protection Act 2018 and the General Data Protection Regulation (GDPR). Further information can be found on page 9 of the prospectus.

There is no limit on the number of workshops you wish to register for!

Please post your completed form to:

The Recovery College, Carrick 3, 60 Steeple Road, Antrim, BT41 2RJ

Or email all the details to: [recovery.college@northerntrust.hscni.net](mailto:recovery.college@northerntrust.hscni.net)

You can register online via

<https://mentalhealthrecoverystories.hscni.net/recovery-college-registration-form/>

Or you can ring us on 028 9441 3449 and register over the phone.

### MAILING LISTS

Do you wish to be added to our mailing list to receive our prospectus/timetables and further Recovery College information for this academic year and next year?

Please select: Yes  No

\*If you no longer wish to receive updates from ourselves, please contact us.

**PERSONAL AND CONTACT DETAILS**

Full Name			
Date of Birth	–	Gender	Male <input type="checkbox"/> Female <input type="checkbox"/> Non - specified <input type="checkbox"/>
Address			
Landline No		Mobile No	
Email address			
Preferred method to receive codes for online sessions	Email <input type="checkbox"/> Text <input type="checkbox"/> Both <input type="checkbox"/>		

**CONTACT DETAILS IN CASE OF EMERGENCY**

Name		Number	
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**THE FOLLOWING ARE USED FOR MONITORING PURPOSES ONLY**

Are you a returning student?	Yes <input type="checkbox"/> No <input type="checkbox"/>		
Are you registering to support someone on the course?	Yes <input type="checkbox"/> No <input type="checkbox"/>		
<b>Please Tell Us Whether You Are (Tick All That Apply):</b>			
Person with lived experience <input type="checkbox"/>	NHSCT staff <input type="checkbox"/>	Other HSCNI staff <input type="checkbox"/>	
Health Professional <input type="checkbox"/>	Public Sector staff (Civil Servant, Fire Service etc.) <input type="checkbox"/>		
Private Sector Staff <input type="checkbox"/>	Community/Voluntary Staff <input type="checkbox"/>	Carer <input type="checkbox"/>	
Retired <input type="checkbox"/>	Student <input type="checkbox"/>	Unemployed <input type="checkbox"/>	
<b>How Did You Hear About The Recovery College? (Tick All That Apply)</b>			
Key Worker <input type="checkbox"/>	GP <input type="checkbox"/>	Facebook/Social Media <input type="checkbox"/>	
Search Engine <input type="checkbox"/>	Health Fair <input type="checkbox"/>	Word of mouth <input type="checkbox"/>	
Trust intranet/Broadcast email <input type="checkbox"/>	Other _____		

<b>Course 1</b>	
<b>Date(s)</b>	
<b>Venue</b>	
<b>Course 2</b>	
<b>Date(s)</b>	
<b>Venue</b>	
<b>Course 3</b>	
<b>Date(s)</b>	
<b>Venue</b>	
<b>Course 4</b>	
<b>Date(s)</b>	
<b>Venue</b>	
<b>Course 5</b>	
<b>Date(s)</b>	
<b>Venue</b>	

*Please continue on a separate sheet if you wish to register for more than 5 courses*



Please outline in brief, any difficulty which may make it hard for you to attend or fully benefit from any courses you have registered for. This could connect to mental health learning difficulties or a disability issue (including reading and writing).

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### IMPORTANT INFORMATION

Please be advised all venues, dates and times are subject to change. Please ensure you have provided us with a current contact number so we can notify you of any changes that may occur

### CANCELLING A COURSE

If you have registered and can no longer attend a course, please contact us as soon as possible to cancel. You can contact us via telephone or email.

For official use only

Current student  Student number \_\_\_\_\_ Added to Student Database   
Added to Courses database  Confirmation letter complete

## FREQUENTLY ASKED QUESTIONS

- Q** Who can attend Recovery College courses?  
**A** Our courses are open to anyone aged 16+. We do not take referrals; it is self-registration. Courses are open to everyone including staff, carer's, and anyone from the general public
- Q** Where will the course(s) be held?  
**A** We hope to be able to provide online and community courses.
- Q** How much do courses cost?  
**A** The courses are all free, but you must register before attending.
- Q** Can I register over the phone?  
**A** Yes. To register over the telephone, we will require the following details: Name, date of birth, address and postcode, contact number and an emergency contact.
- Q** Can someone attend with me?  
**A** Yes, anyone can attend our courses, over the age of 16. Even if someone is coming to support you, but they must register also and will be involved in the course the same as other students.
- Q** What if I can no longer attend a course I have booked?  
**A** Contact the Recovery College as soon as possible. Our courses have waiting lists and if you can no longer attend these can be offered to those on the lists.
- Q** What happens on a course?  
**A** Our courses are friendly, informative, and enjoyable. They are delivered by trainers who have lived and learned experience. Our trainers will share elements of their own recovery stories throughout each session.
- Q** Will I get paid travel expenses?  
**A** No. We do not pay travel expenses, and we are unable to provide a transport service to/from our courses.



# STUDENT'S LEARNING JOURNEY

Sometimes it is difficult to know what courses to do and in what order. We have included a plan within this prospectus that may be helpful for you when choosing your sessions. We have categorised each course into one of the following: 'Starting off', 'Developing my Knowledge and Wellbeing', 'Living with/Understanding' and 'Tools to Support Wellbeing'. This may be useful when deciding which order to complete courses. It is important to note that you do not have to follow this plan. YOU can choose to do the courses that are important to you in ANY order you wish.

## STARTING OFF with the College

This is a group of sessions that may be useful for anyone beginning their learning with the College. They are designed to assist your understanding of recovery as you move through your own recovery journey.

## DEVELOPING my Knowledge and Wellbeing

This is a group of sessions designed to increase knowledge on a number of mental health and general wellbeing topics, exploring tools that may support ourselves or others in their recovery journey.

## GOING FORWARD - Tools to support wellbeing

These sessions are designed to consider the value of your recovery story and how you may develop skills/tools to further support both yourself and others.

## LIVING with/ UNDERSTANDING

These are a number of sessions designed to increase our knowledge in relation to specific conditions. They acknowledge individual experience, exploring the different aspects of support and self-management.

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## STARTING OFF with the College

Title: **Introduction to the Recovery College**

Overview: This short session will give an overview of the Recovery College, and what we do.

Title: **Exploring Recovery**

Overview: In this workshop we aim to provide an opportunity to understand the concept of recovery, and what it means to you as an individual. We look at the importance of our unique journey and the steps we can take to ensure we stay as well as possible.

Title: **Living life with Purpose**

Overview: Have you ever reflected on a missed opportunity, or perhaps a poor decision? This course helps encourage us to be in tune with what's going on in our lives. We look at the importance of being 'intentional' in our actions, making the most of situations and staying connected to what's important.

Title: **Coffee & Connect**

Overview: The Coffee & Connect sessions allow us to interact with College Trainers and fellow students in a fun and relaxed way. We share positive stories and tips on how we support ourselves and our own wellness, along with some general chit chat and coffee (or tea)! This session isn't counted towards graduation.

Title: **No More Labels**

Overview: Labels are for jars not for people..... How many times have we felt judged or labelled? How many times have we judged or labelled ourselves or others due to mental health or general well-being? If being honest, this is something we have all been guilty of. Throughout this course we will explore what it means to be labelled, the negative effects of stigma/labelling (both from self and others) and discover a number of helpful tools/tips that may support us in reducing stigma and its effects on us as individuals.

Title: **Mindful Stroll**

Overview: This informal 3 week course gives students the opportunity to connect with others and appreciate nature. You will hopefully develop some tools to encourage you how to be mindful at the same time as enjoying a leisurely stroll with others



## DEVELOPING my knowledge on wellbeing

Title: **Building Resilience**

Overview: Life is full of challenges, however developing resilience may help us manage these challenges more effectively. This course will allow us to explore ways to build our personal resilience and develop skills.

Title: **Sleep**

Overview: This course will provide information about the common causes of sleep difficulties. We will also look at how much sleep we need and explore some practical ways which may help overcome our sleeping problems.

Title: **CHIME**

Overview: This course identifies 5 key components which are central to recovery for us as individuals. We use an approach called CHIME which stands for Connection, Hope, Identity, Meaning and Empowerment. This is a good introduction to the theme of recovery and challenges us to make positive change.

Title: **Self-Care**

Overview: Self-care is a general term that describes everything we do deliberately for ourselves. Self-care is something many may struggle with due to other responsibilities in life, and we often forget to take care of our own personal needs. This course allows us to focus on our own wellbeing reminding us we are important too.

Title: **Let's talk about Loneliness**

Overview: Loneliness is a human emotion that is complex and unique to every individual. It is often difficult to identify a single reason for loneliness, which makes its management even more difficult. In this workshop we will look at what it means to be lonely, some of the factors that can contribute to this feeling and some tips to manage our loneliness.

Title: **Being Mindful Everyday**

Overview: This course will introduce you to ways in which we can be more mindful every day. We will explore the importance of 'listening to ourselves' and being present in all that we do.



## DEVELOPING my knowledge on wellbeing

Title: **Self-Care at Christmas**

Overview: Self-care is the general term we use to describe all that we intentionally do to look after ourselves and support our mental and physical well-being. Self-care can be something we neglect particularly during stressful/busy periods such as Christmas time. This course allows us to explore some of the barriers to practising self-care at Christmas. Together we will develop plans to include self-care as part of our Christmas routines, whilst reminding ourselves that we too are important.

Title: **What is WRAP?**

Overview: This session gives an overview of what the WRAP course is, and what you can expect on the 2 day course.

Title: **Managing Stress**

Overview: This short workshop will look at the causes of stress and discuss simple techniques which may help to manage stress.

Title: **Looking after myself while caring for others**

Overview: Often we have many roles & responsibilities that can result in us being so busy we can forget to take care off ourselves and our own wellbeing. This workshop will allow us to explore those roles, focusing on the role of a carer and the various demands and rewards attached to this role. We will explore different ways to obtain support and focus on the importance of self-care in order to benefit our overall wellbeing.



## LIVING with/UNDERSTANDING

Title: **An introduction to Anxiety**

Overview: This introductory course will provide information about anxiety. It will explore common symptoms of anxiety, and highlight ways that may help manage these. We will also guide you through an optional short relaxation exercise.



## LIVING with/UNDERSTANDING

Title: **Managing Persistent Fatigue**

Overview: This course is aimed at individuals who are experiencing persistent fatigue for known or unknown reasons. The aims are to help individuals to understand the factors that can contribute to persistent fatigue, and develop fatigue management strategies that can be used day to day.

Title: **An introduction to Depression**

Overview: Depression goes beyond feelings of sadness or unhappiness and can deeply disrupt how we think, feel and live our daily lives. This introductory course explores how depression can impact on individuals in many different ways.

Title: **Autism Spectrum Disorder**

Overview: Sometimes people with Autism struggle to make sense of their feelings and the feelings of others. In this introductory course we will discuss helpful ways to recognise and manage emotions for adults living with Autism.

Title: **An introduction to Personality Disorder**

Overview: This short workshop/introduction gives us an insight into Personality Disorder, challenging some of the misconceptions we may hold.

Title: **Introduction to PTSD (post-traumatic stress disorder)**

Overview: This course invites us to gain a better knowledge and understanding of what Post Traumatic Stress Disorder (PTSD) is and techniques we can use to help manage symptoms of this. Delivered by individuals with lived experience and professionals, we can identify many coping strategies that may help individuals, carers, professionals support themselves or those with PTSD.

Title: **Introduction to Perfectionism**

Overview: "Perfectionism can allow us to aim high and achieve great things, however, sometimes it may be problematic for us. This workshop will help you to explore the topic of perfectionism and aim to give you tools and tips for living with and managing perfectionism.

Title: **An introduction to Persistent Pain**

Overview: Pain, especially when persistent, can significantly impact our daily lives. This introductory course reflects on the effect that persistent pain has on us and begins to explore some self-management techniques.

**Title: Mindful Self-Compassion**

Overview: Mindful Self-Compassion is the process of combining mindfulness alongside practicing self-compassion. This course encourages students to respond to difficult moments in their lives with self-kindness, mindful awareness, and an understanding that life can, at times, be challenging for us all.

**Title: Assertiveness**

Overview: This workshop will help students discover our inner strengths which will help us become more assertive when expressing our views. We will be better equipped to have our voices heard and in turn aid our recovery journey.

**Title: The Well Read Project**

Overview: This 10 week course is delivered in conjunction with 'Prime Cut Productions'. Over the course of these 10 weeks students will read scripts/plays and each participant will be allocated a character's lines to read. At the end of each week the students and facilitators will discuss the section of the script/play read.

**Title: WRAP (Wellness Recovery Action Planning)**

Overview: Wellness Recovery Action Planning is for anyone who wants to create positive changes in the way they feel, to help make changes in their life and increase their enjoyment of life. WRAP will help you deal with uncomfortable feelings, to find and maintain hope, to have choices and to build on existing strengths and abilities.

**Title: Arts & Crafts for Wellness**

Overview: Students will be introduced to how arts and crafts activities can support our wellness, and learn new skills.

**Title: Mental Health First Aid**

Overview: This 2 day specialist course has been devised to increase the knowledge and confidence of participants, to enable them to provide first aid and support for people experiencing mental health problems at home and at work. Developing skills, and motivation in offering help to those with symptoms of mental illness, and mental health challenges.

**Title: Creative writing**

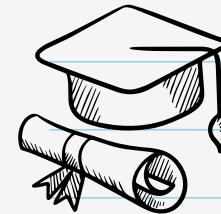
Overview: This course gives us an opportunity to find out what Creative writing is and the benefits associated with this in terms of our well-being. Creative writing offers many strategies and techniques to begin our Creative Writing journey, with many writing prompts to help get us started and keep our writing journey going. A light hearted enjoyable course.

**\*\*Reminder\*\***

*Timetables will be printed every 2 months*

*They will be available online, or join our mailing list*

*\*\*Book early to avoid disappointment\*\**



*All students are invited to the end of year graduation on the completion of 4 or more sessions up to the end of May in the academic year.*



# OVERVIEW OF ACADEMIC YEAR

SEPTEMBER							OCTOBER							NOVEMBER									
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S			
						1	1	2	3	4	5	6					1	2	3				
2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10			
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17			
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24			
23	24	25	26	27	28	29	28	29	30	31	25	26	27	28	29	30							
30																							
DECEMBER							JANUARY							FEBRUARY									
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S			
						1					1	2	3	4	5						1	2	
2	3	4	5	6	7	8	6	7	8	9	10	11	12	3	4	5	6	7	8	9			
9	10	11	12	13	14	15	13	14	15	16	17	18	19	10	11	12	13	14	15	16			
16	17	18	19	20	21	22	20	21	22	23	24	25	26	17	18	19	20	21	22	23			
23	24	25	26	27	28	29	27	28	29	30	31	24	25	26	27	28							
30	31																						
MARCH							APRIL							MAY									
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S			
					1	2	1	2	3	4	5	6					1	2	3	4			
3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11			
10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18			
17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25			
24	25	26	27	28	29	30	28	29	30	26	27	28	29	30	31								
31																							
JUNE							<b>CLOSED</b>																
M	T	W	T	F	S	S	<b>NEW TIME TABLE STARTS</b>																
						1	<b>GRADUATION JUNE / JULY</b>																
2	3	4	5	6	7	8																	
9	10	11	12	13	14	15																	
16	17	18	19	20	21	22																	
23	24	25	26	27	28	29																	
30																							

# FEEDBACK FROM STUDENTS ATTENDING OUR COURSES



It's great to listen and hear others speak and know you're not on your own

I found the courses really helpful and the facilitators made me feel heard.



I have found all the courses I've completed this term to be very helpful in understanding the types of problems related to mental illness.

I'd recommend people to try the Recovery College courses as they have really helped me.



Recovery is possible and I will get there!

Very informative and enjoyable. A very relaxing space to share how you feel.



I liked the course as it was nicely presented and easy to understand and resonated.

Helpful reminders, tips and informative. Gentle pace, not too long or overwhelming



## Education at The Recovery College

These workshops are all free and open to everyone (aged 16+), including service users, Trust staff, carer's, and those wishing to learn more about that particular subject.

Please contact the Recovery College to be added to our mailing list.

### For more information please contact us on:



The Recovery College  
Carrick 3  
60 Steeple Road  
Antrim  
BT41 2RJ



028 9441 3449



[Recovery.college@northerntrust.hscni.net](mailto:Recovery.college@northerntrust.hscni.net)



Find us on Facebook, search:  
The Northern Trust Recovery College



[www.mentalhealthrecoverystories.hscni.net](http://www.mentalhealthrecoverystories.hscni.net)