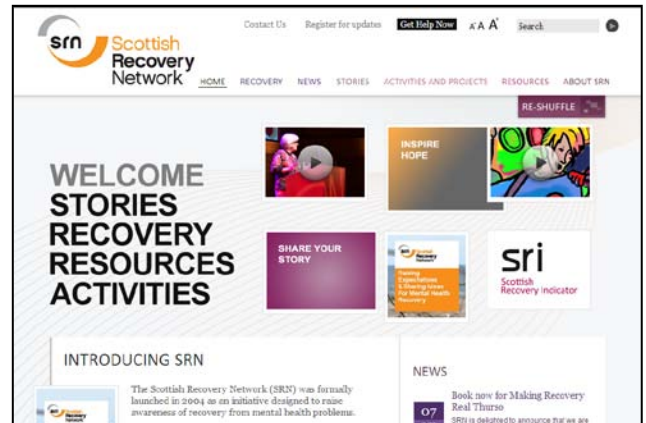


SRN website [www.scottishrecovery.net](http://www.scottishrecovery.net)

Join the SRN mailing list via the website to be kept up to date on resources, events and all aspects of our work.

Our website is a valuable tool in itself – we post a number of interesting and informative reports, new stories, events, resources and so on. All of the publications listed on this sheet are available to download via the site.



## Raising Expectations & Sharing Ideas For Mental Health Recovery (2009)

This brochure about the Scottish Recovery Network (SRN), details how SRN was developed and SRNs key aims and objectives. It provides information about what SRN does, what is meant by recovery and briefly describes major projects such as the narrative research project, Wellness Recovery Action Planning (WRAP) and the Scottish Recovery Indicator (SRI).

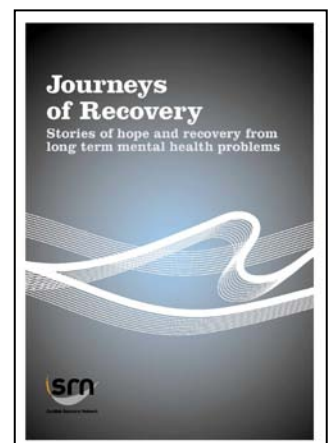
## Journeys of Recovery booklet (2006)

A selection of 12 stories of hope and recovery from long term mental health problems.

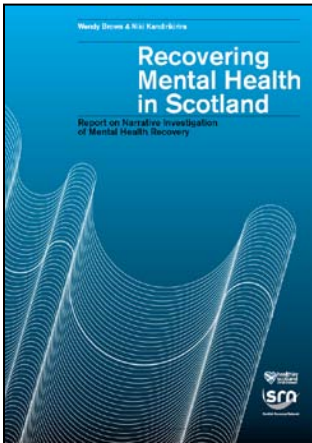
These stories highlight the main themes that have emerged from all the stories collected during the narrative research project and represent the diversity of experiences shared during the project.

The aim of this booklet is to raise awareness and promote understanding of recovery. The stories all show that recovery can and does happen. Readers may also take away suggestions for their own recovery or for supporting recovery.

Also available as an audio book on CD.



## SRN PUBLICATIONS LIST



### **Recovering Mental Health in Scotland (2007)**

SRN Narrative Research Project

This research draws on the experience of 64 people across Scotland and highlights factors that helped and hindered people's recovery from long-term mental health problems.

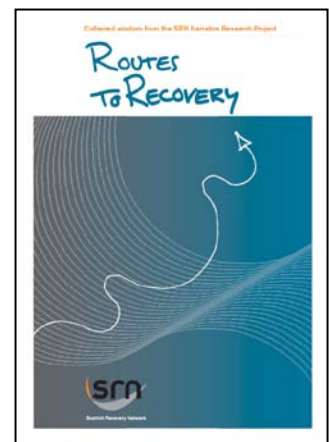
This Scottish based research is one of the largest qualitative narrative research studies of its kind on recovery in the UK and worldwide.

### **Routes to Recovery booklet (2007)**

Collected wisdom from the SRN Narrative Research Project.

A companion resource to the full narrative research report.

This booklet highlights some of the things that people said that they had been able to do to support their own recovery.



### **A Journey of Hope DVD (2006)**

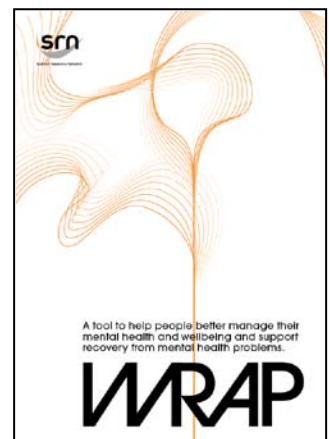
The DVD includes interviews with people recounting their personal stories of recovery.

The main aims of this film were to give hope to people and to help dispel the negative image of mental health problems.

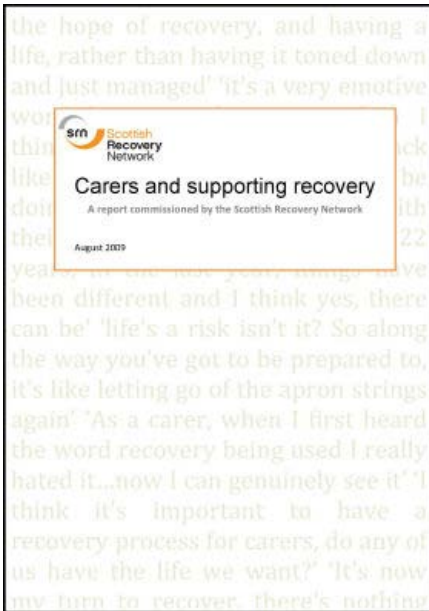
### **WRAP Leaflet (2008)**

WRAP is a 'self-management' tool used in many countries around the world to help individuals take more control over their own wellbeing and recovery; recognising that people are the experts on themselves.

This leaflet is intended for people who are interested in learning more about developing their own Wellness Recovery Action Plan, and also for the family members, friends, professionals (and others) supporting them.



## SRN PUBLICATIONS LIST



### Carers and Supporting Recovery Report (2009)

This report, commissioned by Scottish Recovery Network, is a small-scale qualitative study on the role of carers and supporting recovery and intends to highlight carer perspectives on recovery.

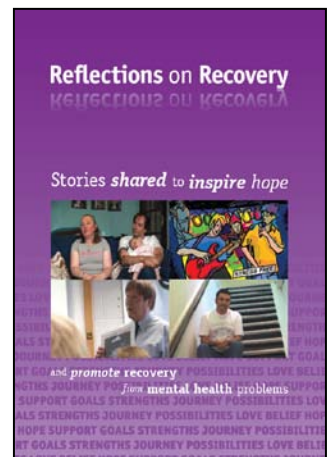
The report findings suggest that carers can play an important role in supporting and recognising recovery. It also suggests that formal services can benefit from working with carers as a means of developing better informed recovery focused relationships with the people who use their services. In addition to these points, the report highlights some of the challenges faced by carers in terms of managing risk, letting go and their own recovery.

### Reflections on Recovery DVD (2008)

Stories shared to inspire hope and promote recovery from mental health problems.

This DVD brings together four personal stories, interwoven with the views of many others around recovery and what recovery means to them.

The personal stories in this film show that recovery can and does happen, and can help the viewer understand some of the elements of recovery.



### Story sharing guidance (2009)

A guide to inform the process of sharing personal experiences related to mental health and recovery.

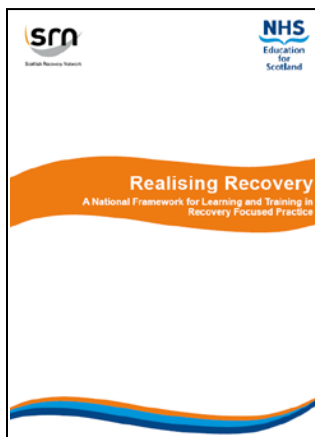
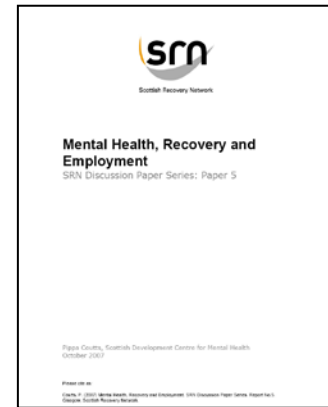
This guide aims to support and inform those wishing to assist others to share a personal narrative, as well as providing guidance for those considering sharing their own personal narrative.

## SRN PUBLICATIONS LIST

### SRN discussion papers (various publication dates)

The SRN Discussion Paper Series is designed to help generate debate on how best to promote and support recovery from long-term mental health problems in Scotland.

A number of source materials are used to inform these papers, most of which have been commissioned by SRN.



### Realising Recovery (2007)

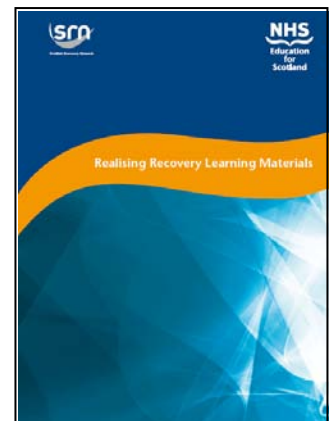
Part of Mental Health Nursing Review

A national framework for learning and training in recovery focussed practice.

Developed as part of SRN's joint work with NHS Education Scotland to develop a recovery training framework to support Scotland's review of mental health nursing.

### Realising Recovery Learning Materials (2008)

Following on from the framework these learning materials encourage new ways of working within mental health and promote a new culture, marked by a commitment to helping people recover satisfying and fulfilling lives, no matter how serious or long-term their experience of mental health problems.

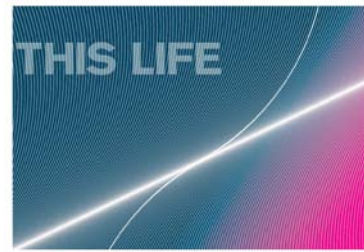


## SRN PUBLICATIONS LIST

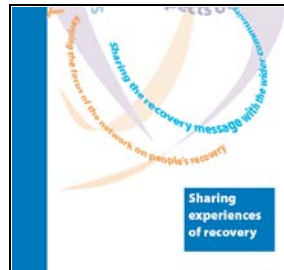
### SRN Postcards

We currently have five postcards available.

The aim of these postcards is to highlight the key messages of recovery.



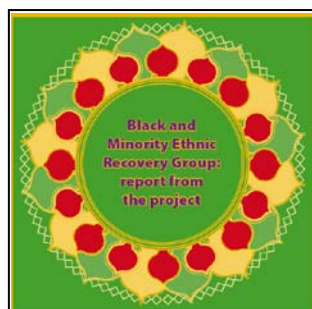
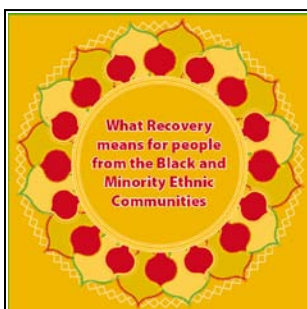
### Local Recovery Network Booklets (only available in PDF from our website)



These leaflets have been developed to support local recovery networks in Scotland.

The information is based on people's lived experience of setting up local networks. They focus on topics like:

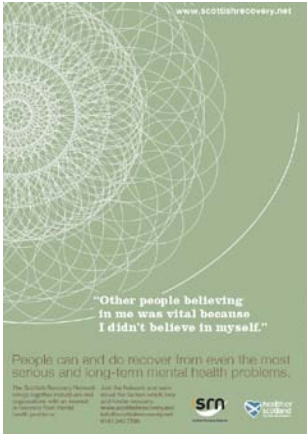
- Putting a network together (2006)
- Starting from people's lived experience (2006)
- Sharing experiences of recovery (2007)
- Sustaining a recovery network (2007)



### Black and Minority Ethnic community (BME) booklets (2007/2008)

Reports produced by Outside the Box based on the work of the Glasgow women's BME group about mental health recovery.

## SRN PUBLICATIONS LIST



### Recovery posters (2008)

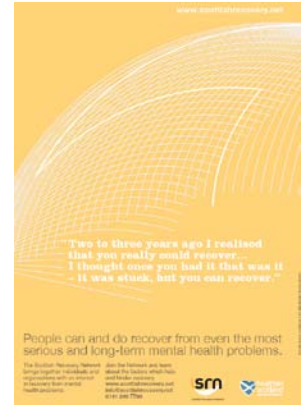
Scottish Recovery Network poster series.

We currently have three posters available which highlight important messages of recovery.

Two of the posters are aimed at wider audiences to highlight that recovery from mental health problems does happen:

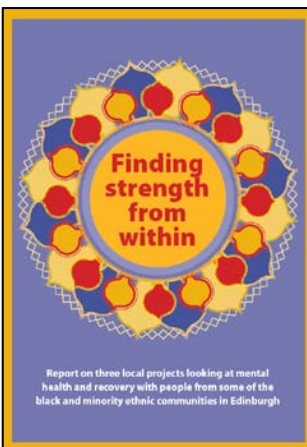
*"Other people believing in me was vital because I didn't believe in myself"* (Green A1 & A3 poster)

*"Two to three years ago I realised that you really could recover... I thought once you had it that was it – it was stuck, but you can recover."* (Yellow A3 poster)



The third poster is aimed specifically at service providers using a message about recovery focussed practice:

*"The basis for recovery oriented practice is the ability to build up respectful relationships in which the worker has a genuine interest in the person, sees them as an individual, and takes them and their experiences seriously."* (Pink A2 poster)



### Finding Strength From Within (2008)

Report on three local projects looking at mental health and recovery with people from some of the black and minority ethnic communities in Edinburgh.

The report offers suggested action points which may act as a starting point for people and organisations who wish to do more to celebrate the strengths of people from minority ethnic communities and support more people in their recovery.

Download any of the publications listed at [www.scottishrecovery.net](http://www.scottishrecovery.net) or contact us on 0141 240 7790 or e-mail [info@scottishrecovery.net](mailto:info@scottishrecovery.net) to obtain hard copies.