

Making Recovery Real Roadshows^{09/10}

Thurso—01 December 2009

Oban—24 February 2010

Stranraer—24 March 2010



Supported by the
Scottish Government's
Mental Health Division.

Making Recovery Real Roadshows^{09/10}

You are invited to attend one of three full day events being held throughout Scotland to:

- **Raise awareness that people can and do recover from mental health problems.**
- **Encourage local action that supports recovery.**
- **Gather new insights about mental health and recovery.**

Dates

Thurso — 01 December 2009, Pentland Hotel

Oban — 24 February 2010, Caledonia Hotel

Stranraer — 24 March 2010, North West Castle Hotel

The events run from 10am to 4.30pm and are free to attend. Lunch will be provided.

Who

These events are for anyone with an interest in mental health and recovery. This includes:

- **People with experience of mental health problems.**
 - **Family, friends, and carers of people experiencing mental health problems.**
 - **People working in health and social care services.**
 - **Local policy makers and service commissioners.**
 - **Other members of the public.**
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The Making Recovery Real Roadshows offer an opportunity to look at mental health problems from a different perspective. By talking about the experience of recovery we can focus on the positives — for example the strength and resilience people show when they deal with mental health problems. Sharing experiences of recovery gives people hope that a better life is possible, and also helps to challenge stigma and negative preconceptions about people with mental health problems.

These events provide a chance to learn more about recovery and the work of the Scottish Recovery Network (SRN); and are an opportunity for you to feed back your thoughts, opinions and experiences. The events will be highly participative, with plenty of time for discussion and debate.

We know that at least one in four people in Scotland will experience a mental health problem at some point in their lives. Many others will have friends and family affected by mental health issues.

We also know that people can and do recover from mental health problems — recovery is a unique and personal process and can be difficult to define.

SRN describe recovery as:

“Recovery is being able to live a meaningful and satisfying life, as defined by each person, in the presence or absence of symptoms. It is about having control over and input into your own life. Each individual’s recovery, like his or her experience of the mental health problems or illness, is a unique and deeply personal process.”

—Journeys of Recovery (2006)

“Two to three years ago I realised that you really could recover... ‘Cos I thought once you had it that was it — it was stuck, but you can recover.”

About recovery in Scotland

In recent years, recovery and ideas related to recovery have become increasingly important to the way we approach mental health issues in Scotland. This has led to new ideas and approaches to supporting the recovery of individuals (both within and out with mental health services), as well as increased awareness about recovery across Scotland.

We now understand a lot more about what helps and hinders recovery and are starting to apply that learning.

**“Well certainly in my experience,
the route to recovery is not a
linear process and that may
mean going off in directions that
might not look all that productive.”**

Quotations included in this flyer are from individuals who participated in the SRNs narrative research project, ‘Recovering Mental Health in Scotland’ (2007).

The Scottish Recovery Network

We have been working since 2004 to raise awareness of recovery, to learn more about what helps and hinders recovery, and to encourage local and national action that supports recovery. To learn more about the Scottish Recovery Network visit: www.scottishrecovery.net

The Scottish Recovery Network is not able to offer direct help or support to people experiencing mental health problems. Please contact the numbers below for support.

www.breathingspacescotland.org.uk

Phone: **0800 83 85 87**

Breathing Space is a free and confidential phonenumber service for any individual experiencing low mood or depression, or who is unusually worried and in need of someone to talk to. Lines are open 6pm — 2am each day and 24hrs at weekends.

www.samaritans.org

Phone: **08457 90 90 90**

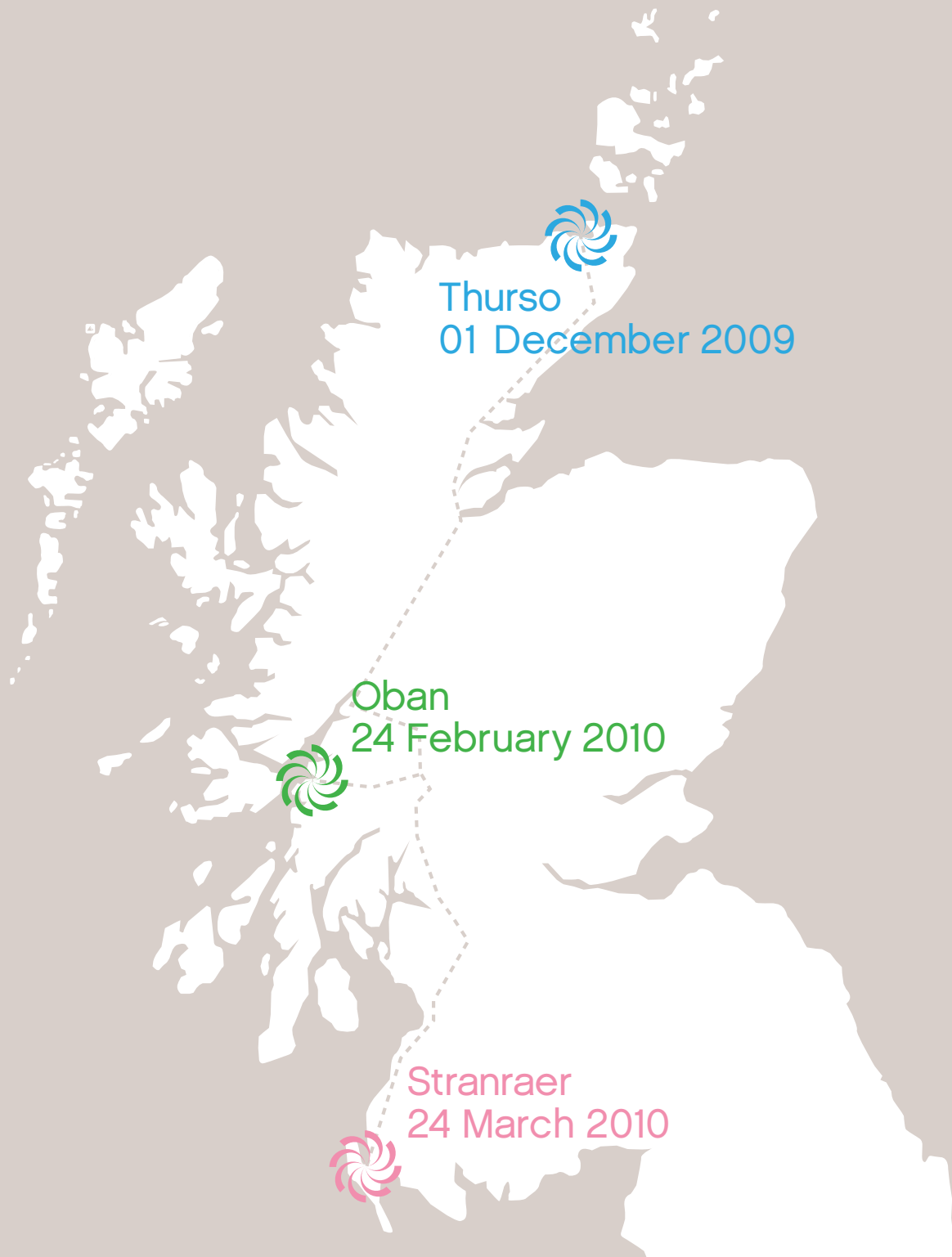
Email: **jo@samaritans.org**

Samaritans are available 24 hrs a day providing confidential emotional support for individuals experiencing feelings of distress or despair, including suicidal thoughts.

To apply for a free place, submit a booking form via our website at www.scottishrecovery.net or contact us on info@scottishrecovery.net or **0141 240 7790**.

Submitting a booking form does not guarantee you a place. We will confirm places at least three weeks prior to the event.

If for any reason you are unable to attend please let us know as soon as possible (even if it is the day before the event) so that we can offer your place to someone else.



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