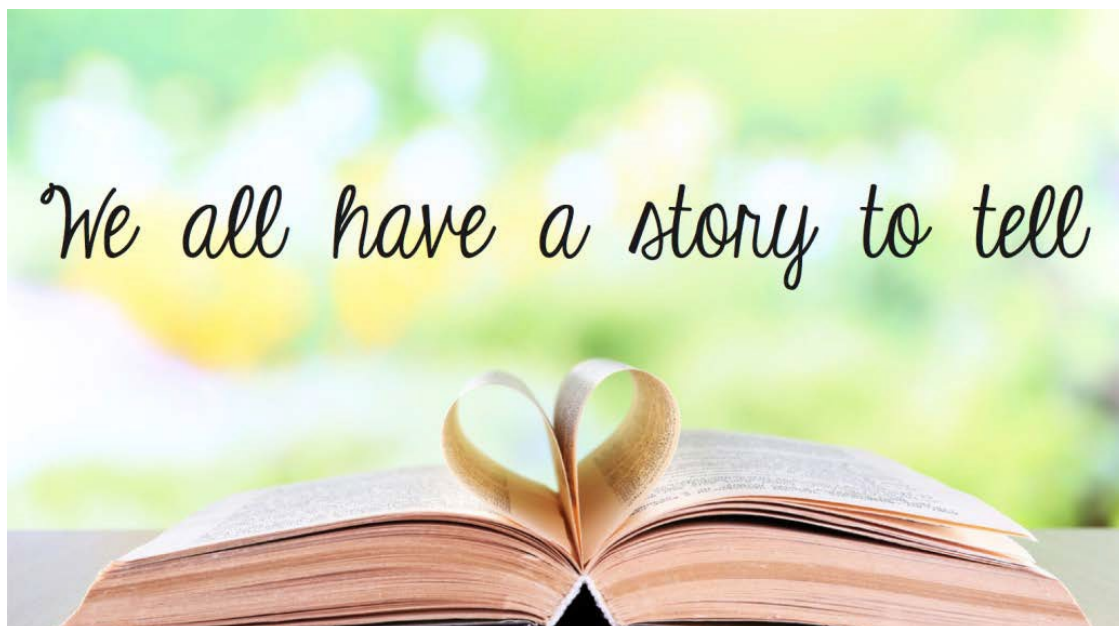


HOW TO TELL YOUR RECOVERY STORY

Monday, 14 July 2025, 10am-4pm



On this course we aim to inspire you to share your story in a way that supports your personal recovery and wellbeing.

We will look at different approaches to build your confidence to convey your recovery story in a safe and meaningful way.

You will be supported to explore and tell your story and connect to other students in an open, welcoming and inclusive setting where you can learn self-management tools.

Enrol: <https://www.northlondonmentalhealth.nhs.uk/recoverycollege>

Find out more: 0203 317 6904 NLFT.recoverycollege@nhs.net



Better Mental Health. Better Lives. Better Communities.

