



For course information and to book on to our courses, please visit: www.leedsrecoverycollege.com

How to contact us

For any further information or queries, please contact us at Leeds Recovery College on:



0113 855 5127



Leedsrecoverycollege.lypft@nhs.net



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Leeds Recovery College offers FREE courses which focus on mental health and improving wellbeing





Our courses are open to all adults who live, work or study in Leeds and you don't need to be referred to the college, have a mental health diagnosis or be supported by mental health services to attend.

The Recovery College courses are available to people who would simply like to better understand mental health and improve their wellbeing.

Learning, living and teaching wellbeing

Our courses are co-designed and co-led by people who have lived experience of mental health challenges, who work alongside a various health professionals, teachers and trainers to deliver workshops with us.

We hope that this equal partnership of 'lived' and 'learnt' experience brings a mixture of perspectives into our delivery and creates a welcome, friendly and safe environment for learning.

We deliver awareness workshops, wellbeing courses and 'retreats' for people who would like to learn more about mental health and wellbeing (diagnosis or not). They also act to promote, encourage and further educate wellbeing and understanding around positive self-care and personal recovery.

The college is a place where I can feel accepted and supported to try new ways of peer working. I can design and deliver courses with other people; that has been a rewarding creative process for me.

Heather
Volunteer and co-facilitator

I've felt cared for and supported, acknowledged and nurtured for where I am.

Andy
Participant

I would recommend everyone checks the courses available. Whether you're seeking support, being curious or require personal learning/growth, there is something for all!

Caroline
Participant and Co-facilitator

There is great beauty to doing this work in a group.

Lucy
Participant

