



MENTAL HEALTH

Founder of Recovery in Mind, ANGELA RYAN
says post-lockdown mental support is out there

Since last writing, we have all, without doubt, been affected by Covid-19, whether through work, contact with family and friends, school closures, cancelled events, travel or changes in routines and everyday activities.

Communities across West Berkshire have come together like never before, to support those in need. Neighbours became friends, and strangers became a lifeline. The very best of humanity has been demonstrated and we should be proud of our collective efforts.

Personally, I've found it all an emotional roller coaster – a not uncommon experience.

Having experienced significant mental health problems in the past, I was fearful of relapse. However, when I was ill in 2014, I didn't have the strategies, tools and mind sets that I have now, which have developed my resilience.

Now I have learnt how to manage my mind and recognise when things are slipping. It hasn't been easy, but I have managed and remind myself that I am doing OK.

For many people who have always taken their mental health for granted, this may be the first time they have experienced anxiety, low mood, isolation or feeling hopeless or overwhelmed.

This is not uncommon in life generally, but may have been exacerbated by the impact of Covid 19.

Hopefully, as we live our 'new normal', our mental health should improve, but some people may find it more difficult to manage and feel 'stuck'.

I started Recovery in Mind in 2016. It's a Recovery College open to any adult over 18 in West Berkshire, to attend courses to help them move forward following mental health difficulties.

It's not therapy or treatment, but they

are courses where you can learn and change your life for the better.

You don't need a referral or to complete any paperwork.

Just take a look at our website: recoveryinmind.org.

We have helped more than 300 adults since we started and are doing our best in these challenging times to continue, but in a different way, for now.

You can request our *Introduction to Recovery* film via the website, explaining our courses and approach. It's only 15 minutes, so a small investment of your time to help you with your mental health and wellbeing.

If you are interested, you can book a place on our five-week 'Welcome to Recovery' course, held in central Newbury.

In 'normal' times we also have a selection of further courses, which we've replaced this autumn with outdoor 'Walking/Talking' group sessions.

Not only will you learn how to manage and improve your mental health, you will feel less alone.

All our courses adhere to government guidelines to ensure your safety and wellbeing with regard to Covid-19.

Our course trainers are people like me who have had mental health difficulties in the past and therefore understand what you may be feeling, and we also have a team of warm and friendly Occupational Therapists.

We look forward to meeting you.

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