

The Recovery Hub Staffordshire

1 in 4 of us will experience a mental health condition every year. It is at these times when it's important you have the help and support of people who understand the positive steps that can be taken to aid your recovery.





The Recovery Hub is a community-based service that supports you in your journey towards mental health recovery. We believe that everyone has the right to personalised care and support that fits your needs and choices.

The service is delivered collaboratively and in partnership between Making Space and Mental Health Matters, but with you in control via our service user steering groups.

How can we help?

Living with a mental health condition can be overwhelming at times. The Recovery Hub is here to help you break down the barriers preventing you from living a fulfilled and independent life.

Once you access The Recovery Hub we will use the recovery star to help us understand where you are now and where you wish to be. The recovery star is a tool used to help us measure your progress. From this we will explore your short and long-term goals and work together to develop a personalised recovery plan. Our recovery workers and volunteers will then work with you to achieve your goals and aspirations. Support is provided across community venues as and when you need us.

We provide

One-to-one support

No one should face living with a mental health condition alone. We believe it is important to be around people who understand what you are going through, which is why your mental health recovery worker will be with you every step of the way, providing one-to-one support throughout your recovery.

Peer support groups

We believe recovering from a mental health condition is much easier when you have people you can rely on for encouragement. We will provide you with opportunities to develop friendships and hobbies through both peer-led and recovery worker led activities, such as: walking groups, allotment associations, cinema groups, arts and craft activities, basic cooking and much more.

Safe space sessions

Safe space sessions are the perfect place to meet others in a similar situation to you. They are drop-in sessions where we will provide you with emotional support, advice and information as well as signpost you to the support you need.

Specialist information sessions

There will also be sessions running to help you tackle the most common barriers to success including: anxiety, low self-esteem and unhealthy behaviours.

Our information sessions may include:

- Improve self-confidence
- Improve motivation
- Improve social skills
- Improve employability support

Courses and activities

You will have access to SSSFT's Wellbeing and Recovery College where a range of recovery focused education and training courses are available. All courses are developed and delivered in partnership by peer trainers, who have lived experience of mental health conditions, learning disabilities or caring. A trainer with the relevant professional experience will help you to gain valuable knowledge and understanding of mental health.



Artwork from the Recovery College

Support helpline

The Staffordshire Mental Health Helpline is for you if you are feeling concerned, stressed or low, or if you are worried about someone you know.

The Helpline can help you if you are:

- Aged over 18
- Worried about your finances
- Not coping
- Having a relationship breakdown
- Concerned about your physical or mental health
- Unemployed
- Isolated or lonely
- Sad because someone has died
- Concerned about a friend, colleague or family member
- Looking after somebody and need some support

Telephone number: 0808 800 2234

Text: 07860 022821

How do I access the service?

You can self-refer to the service or you can be referred by your GP, local JobCentre or other supporting agencies.

 **01543223210**

 **TheRecovery.HubStaffordshire@makingspace.co.uk**

If you would like this leaflet in a different language or format, please contact marketing@makingspace.co.uk

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