



For better mental health

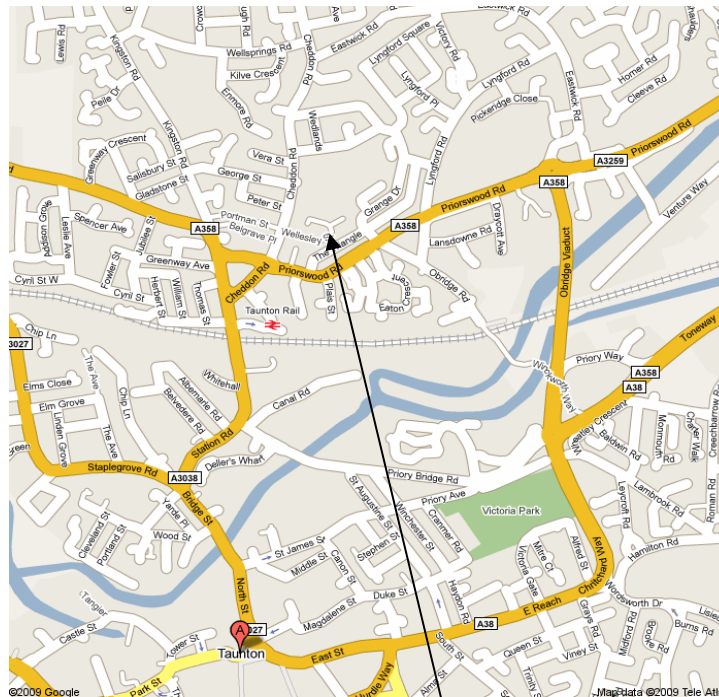
## The Recovery approach

The Recovery approach aims to see our service users holistically, as complete people who have the capacity to cope with their distress in such a way that they are able to participate in a full life, developing self esteem and self determination. It aims to assist service users to identify realistic life goals, and enable them to achieve them.

## Service User involvement

We involve service users in all aspects of our organisation. We have people with personal experience of mental health as volunteers, staff and board members. If you want to find out how to get involved, come along to one of our monthly service user meetings and share your thoughts.

You can find us at:  
The Market Building  
Canal Road  
Taunton  
TA1 1PN



The Communal Hall  
Wellesley Street  
Taunton  
TA2 7DS

# Self Management Course



For better mental health



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PHONE: 01823 334906

Reg Charity Number: 1109626

Company Number: 5148414

## What is Self Management?

Self Management is part of Peace of Mind and is a course for people who are recovering from mental ill-health. It explores ways in which people can manage their own lives. It is one of a number of services provided by Mind in Taunton & West Somerset.

## Why does it exist?

People experiencing mental ill-health often also encounter other difficulties. People on this course work towards setting goals and developing skills to look after themselves on their journey to recovery.

The group encourages taking personal responsibility by increasing confidence and problem solving. Improving different aspects of a person's life leads to an overall increase in well-being.

## FACT:

1 in 4 people will experience mental ill health or distress at some point in their lives

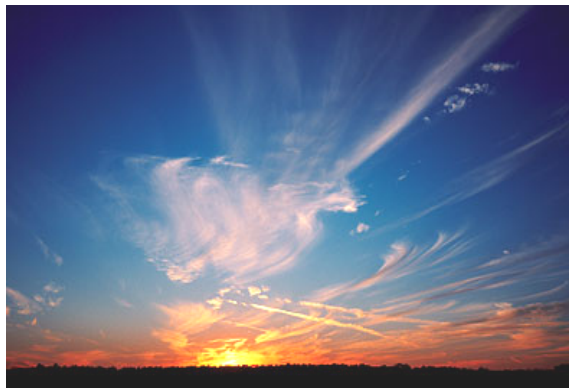
## Who is it for?

The Self Management Course is for those who are ready to build on their strengths and start making their own choices. They will develop strategies for taking control and playing a greater part in the community.

## How do I find out more?

You can contact Mind in Taunton & West Somerset on 01823 334906 or Jem Abram on 07854 678232  
Email: [JemA@mindtws.org.uk](mailto:JemA@mindtws.org.uk)

You can also visit our website at [www.mindtws.org.uk](http://www.mindtws.org.uk)



**FACT:** At any one time, 10% of the population are experiencing some form of mental ill health or emotional distress.

## What to expect...

A supportive group setting with structured sessions exploring areas where participants can develop the skills to manage their own recovery.

There are sessions on topics such as confidence building, managing mood, setting goals and budgeting. Participants will also complete a Wellness Recovery Action Plan to identify the things that keep them well and ways of dealing with difficult times.

The course is offered as 9 sessions of 2½ hours each on Thursday afternoons from 1pm—3.30pm.

The next course starts 15th April 2010

For more information about the course, please contact Claire Brown or Jem Abram to arrange an informal chat.