**Recovery College online courses**

<https://www.recoverycollegeonline.co.uk/>.

For now we are still asking people to register (for free) as it means people can log out and back in and not lose their progress and they can access the personal journal, forum, evaluation and certificate.

A new course has been added on ‘coping during the pandemic’ .

We have people developing extra courses/ material for:

            Children and young people

            Activity during isolation

Exercise during isolation

            Loss and grief

            Easy read versions for LD services

            General wellbeing resources for the current situation

Please use it and share it (in real life and on social media) so that as many people as possible know they can access it.

**Current courses**

Coping during the pandemic

Delirium Awareness

Exploring OCD

Major Incidents Course

Dealing with loss

Exploring Social Anxiety

Know your medication

Cancer Awareness - Part 1

Positive Psychology

Singing for wellbeing

Why Create an account?

Running for recovery

Art, museums and wellbeing

Exploring Diagnoses

Tutorial: Using Moodle

Dealing with Other People

Impact of trauma on memory and cognition (Trauma & the brain)

Supporting the Mental Health of Children and Young People (for other professionals)

Supporting children & Young People's wellbeing (for teachers)

Being Healthy (under 12s)

Understanding mental health & wellbeing (Parents & Carers)

Complementary Therapies

Spirituality & Recovery

5 Ways to Wellbeing

My CHIME: What's good for wellbeing (13-18)

Your mental health & Wellbeing (13-18 yr olds)

Coping with Anxiety & Panic Disorder

Positive Behavioural Support

Lifestyle & Recovery

Biopsychosocial Model

Meaningful Communication

Exploring Health Anxiety

Exploring Stress

Recovery : The New Me

Introduction to Recovery

Trauma & Recovery