

Mindskills Recovery College

...is different from traditional mental health treatment services.

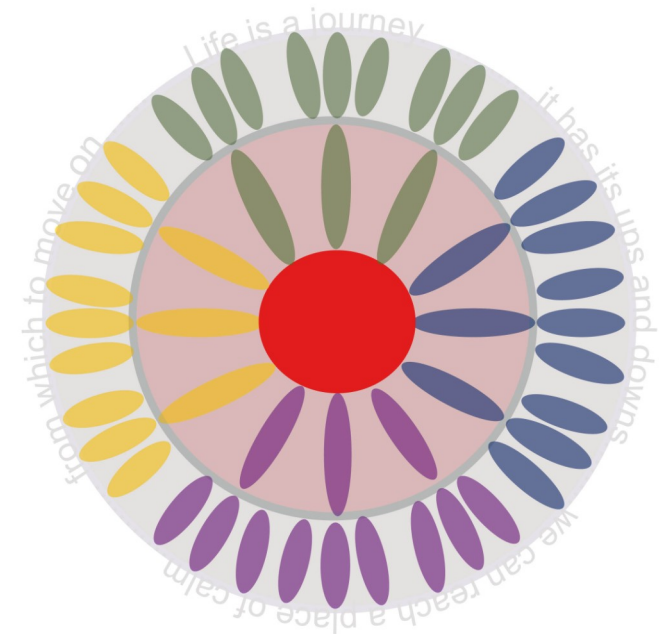
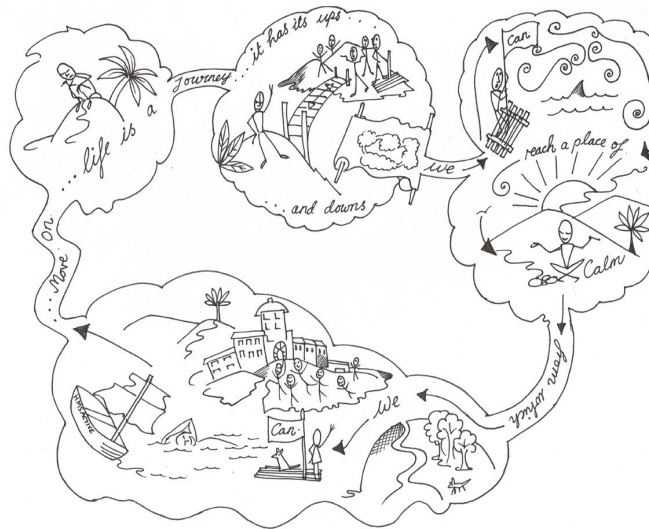
We believe that good mental health is about increasing personal knowledge, recognizing our own strengths, making a contribution and having good support networks.

We are able to offer a wide range of recovery focused courses and workshops across the north tees area (Hartlepool, Billingham, Stockton)

Some of our recovery groups are open any person experiencing difficulties with their mental health. However to access some of the groups and workshops you will need to enrol in the recovery college. A member of the team can meet with you to discuss this.

If you are aged 18 or over, Living in the Hartlepool or Stockton area and experiencing difficulties with your mental health please contact us today on 01429 269303 and ask to refer yourself to Mindskills Recovery College.

Life is a journey...
It has its ups and downs....
We can reach a place of calm....
From which we can move on....



Hartlepool Base
Mindskills Recovery College
Hartlepool Mind
Tees Street
Hartlepool
TS24 8HB

Stockton Base
Mindskills Recovery College
Enterprise House
8 Yarm Road
Stockton On Tees
TS18 3NA

Phone: 01429 269303 Fax: 01429 422262
Email: mindskillsrecovery@hartlepoolmind.co.uk

Improving Wellbeing

Supported Peer Groups



Hartlepool and Stockton on Tees
Clinical Commissioning Group



Mindskills Recovery College Hartlepool Peer Groups

Offering peer supported activity to help you learn new skills, make links to your local community, be more social and reach your own recovery goals. These peer groups are available to anyone aged 18 or over, living in the Hartlepool or Stockton area who are experiencing difficulties with your mental health or emotional wellbeing.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	OTHER LINKED GROUPS
<p>Make and Mingle Crafts 11am - 12:30pm Hartlepool Mind, Tees Street, TS24 8HB</p>	<p>Peer Group 'Welcome Break' Coffee morning 11:30am at Creative Café, Hartlepool</p>				<p>Man Shed—DIY sessions for men and women (ask staff for details)</p>
		<p>Head Space Weekly Wellbeing Conversations 1.00pm - 2.00 pm Hartlepool Mind</p>	<p>Long Term Conditions Group 12.30 pm- 2.00pm Hartlepool Mind</p>		<p>Art taster sessions at The Artrium Studio (speak to staff)</p>
	<p>Mindfulness 5.00pm—6.00pm Hartlepool Mind (Starting 30th August)</p>		<p>Monthly Lunch Club Please ask staff for dates and venue.</p>	<p>Snooker - 3.00pm-5.00pm Sam's Snooker and pool</p>	<p>Games and quiz @ Creative Café Every Friday 1.00pm-3.00pm</p>

All peer groups will start week beginning 1st April 2016 unless otherwise stated.

Useful addresses and locations:

Mindskills Base
Enterprise House
8 Yarm Road
Stockton On Tees
TS18 3NA

Sam's Snooker and Pool, 76-86 Park Road, Hartlepool

Creative Café
Gemini Centre
Villiers Street
Hartlepool
TS24 7SA

Hartlepool Mind
Tees Street
Hartlepool
TS24 8HB

Man Shed
Osbourne Road,
Hartlepool,
TS26 9EW

The Heart
Unit 4, Brierton Shops
Hartlepool
TS24 7PW

The Artrium
Park Road
Hartlepool
TS26 9HU