

Devon Recovery Learning Community (DRLC):

Devon Recovery Learning Community provides a number of varied free courses to people with lived experience of mental health difficulties, their family and friends and the professionals who support them.

The courses provide learners with knowledge about the experience of mental distress and what Recovery means. They also provide learners with skills to manage mental health problems and look after their own wellbeing.

Link Centres work with DRLC to provide and host courses. Through the Link Centre you can find out more about what courses are available in North Devon, as well as by contacting DRLC:

t: 01392 677067

www.devonrlc.co.uk

Contacting the Link Centres:

BARNSTAPLE

Alex Road Link Centre
19c Alexandra Road
Barnstaple EX32 8BA
t: 01271 322 943

BIDEFORD

Torridgeside Link Centre
The Old School House
Higher Gunstone
Bideford EX39 2DG
t: 01237 421 590

ILFRACOMBE

Ilfracombe Link Centre
Belvedere Road
Ilfracombe
North Devon EX34 9JH
t: 01271 864 700

HOLSWORTHY

Holsworthy Link Centre
2 Well Park
Western Road
Holsworthy EX22 6DH
t: 01409 254 729

www.dpt.nhs.uk/our-services/adults/vocational-services/link-centres

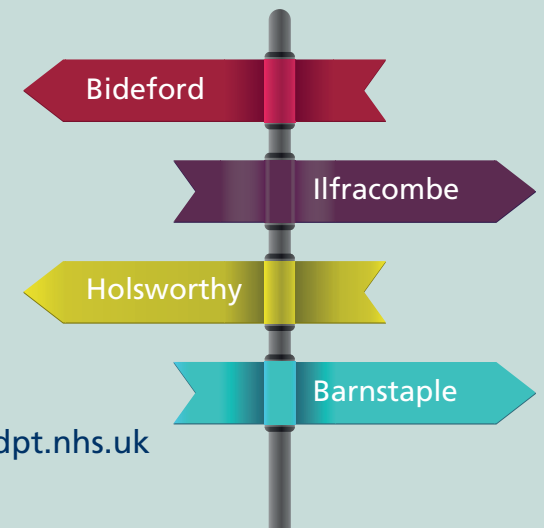
Facebook: Please contact individual centres to see what Facebook presence or groups they may have.

www.dpt.nhs.uk



North Devon Link Service

Your Link to Recovery



www.dpt.nhs.uk

At the four Link Centres in North Devon you can benefit from some or all of the following:

- At your own pace you can make use of safe and friendly drop in sessions to be around others and be in contact.
- Get support from staff and other clients who know what experiencing mental health difficulties can be like.
- Get better at managing and living with your mental health. Talking things over, looking at choices, learning about how we do and don't do things - these can all bring benefits to our mental health.
- Practical everyday needs? You can get support and sign-posting with things like accommodation, money, physical health, involvement in community life.
- Coming to a centre where you can safely get involved at a level which suits how you are feeling.
- Learn to find and develop your own resources, at a safe pace and with support.
- Get involved, socialise, make friends.

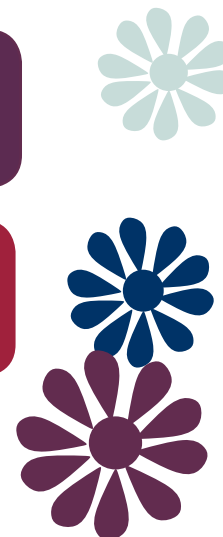
“ Friendly and supportive places which can help you to live with and recover from mental health problems ”

Recovery – what is it?

- Recovery is about building a meaningful and satisfying life, as defined by you. Such a life can be with or without ongoing mental health symptoms and difficulties.
- A major factor in Recovery is hope. Working with and developing hope that things can change for the better.
- Recovery focuses on positives like health, strengths and wellness not only illness, labels and symptoms
- We can find out what we can do to improve our mental health, work out more about what we need to get there and learn from others about what has worked for them.

Recovery

Hope



You can refer yourself or be referred by other staff you are in contact with. You can get in touch to see if the Link Centre is the right service for your level of mental health need. You can also arrange a visit to your local Link Centre to see what it's about.

Link Centres offer:

- **Peer support** – contact and support from other people with experience of mental health difficulties
- **Drop in sessions** – contact to suit how you're feeling - from just being around others to actively socialising
- **Therapeutic activities and supportive groups** including support for families and carers
- **Activities** including art/craft, sport, table tennis, using the internet, creative cultural
- **Experienced and positive mental health support workers** work alongside people as they learn to live with and recover from mental health problems
- Check with local centre for availability of additional activities e.g. Parent Support Network, Community Groups like Breakfast Club, Walk n Talk.