Recovery and mental health

This hOT Topic contains information relating to recovery and mental health.

This hOT Topic is a starting point and overview of key readings including articles, books and selected websites for members of the College of Occupational Therapists relating to recovery and mental health. This Bulletin is not exhaustive and does not provide information about all issues that affect occupational therapists.

To order articles please request a photocopy form from the library. The form can also be downloaded from our website (www.cot.org.uk). Please note all photocopies will now be supplied at a standard charge of £3.00 per article. This includes postage and handling. A maximum of six articles can be ordered at any one time. This service is only available to BAOT members.

JOURNAL ARTICLES AVAILABLE FROM COT LIBRARY


INTERNET RESOURCES

The health foundation – Recovery College
http://www.health.org.uk/recovery-college?qclid=CM2gkZXxsc8CFaUW0wodYkoHEq
The Severn & Wye Recovery College was set up by the 2gether Trust in 2013 to provide a new way to support people living with mental health problems. They aim to harness peer support to help people manage their own recovery in the long term.
http://www.health.org.uk/

Leicestershire Recovery College
http://www.leicspart.nhs.uk/_OurServicesAZ-RecoveryCollege.aspx
An NHS college offering a range of recovery-focused educational courses and resources for people with lived mental health experience, along with their friends, family and Leicestershire Partnership NHS Trust staff.
http://www.leicspart.nhs.uk

Mental Health Providers Forum
http://www.mhpf.org.uk/
An alliance of voluntary sector mental health providers, that aims to facilitate collaborative and cooperative partnerships across the sector to improve mental health in England.

Recovery Devon
https://recoverydevon.co.uk/
Describing itself as an independent community of people of good will who support recovery and wellbeing; both as a personal vision and as an underpinning value base to promote radical change in mental health attitudes and provision.

Mental Health Foundation
https://www.mentalhealth.org.uk/a-to-z/r/recovery
Information on the recovery process, recovery support, social inclusion, tools
http://www.mentalhealth.org.uk


Reagon, Carly; Boniface, Gail (2015) An action research study to identify and pilot an outcome measure for an occupational and recovery based service for people with mental health conditions. London: College of Occupational Therapists.

Skelton, Julia ([2011]) Occupational therapists facilitate recovery for those with mental health problems. London: College of Occupational Therapists.


BOOKS/REPORTS/THESES not in the COT library
