

RAMSEY RECOVERY STAR PEER SUPPORT GROUP

The Recovery Star is a visual tool that helps you look at where you are in terms of recovery. The Star encourages you to look at 10 core areas of your life, such as: Mental Health, Self Care, Living Skills, Social Networks, Work, Relationships, Addictive Behaviour, Responsibilities, Identity and Self Esteem, Trust and Hope

The Recovery Star Peer Support Group aims to sustain a support network for people who undertake the recovery star process and to encourage group members to build on emotional resources and achieve better mental health through peer support.

“I felt fully involved; it was clear and easy to understand and focused on me as a whole person, not just as a problem. It was a considerable boost to see how well I am.” Service user, Tulip Day Centre

“You can see the progress you’ve made. It’s visual, powerful. Some people can’t understand from written reports, but can understand this.”
Service user

Ramsey Library, date and time TBC

To attend this group please contact a member of the project worker team
On: 01480 470480

Hunts Mind has adopted Mind's values and principles and is committed to providing quality services that anticipate, meet and exceed the needs of service users, workers and other stakeholders.

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Hunts Mind



For better
mental health



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