



HUBB

Recovering Jane[®]

**Each person is unique—
as is their Recovery
Journey.**

**Wellbeing is a
fundamental element of
everyone's life.**

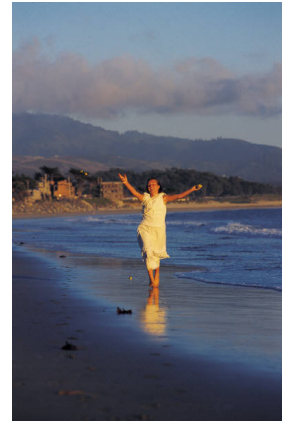
**Recovery is about the
choices we make and a
hope that things can
improve.**

**Recovery is about
taking responsibility
and action to help
manage life and bring
about positive
changes.**

**People have been
recovering from
periods of mental ill
health for a long time
by developing
strategies that help
themselves.**

RECOVERING JANE has been developed to assist understanding of how RECOVERY and WELLBEING can be promoted to benefit everyone.

It is designed to be used as part of a general 'Recovery' or 'Wellbeing' programme. The people who will find it useful range from individuals who have experienced severe mental distress in the past to friends, family and carers and health workers. Those who use services and those who provide them—in all capacities.

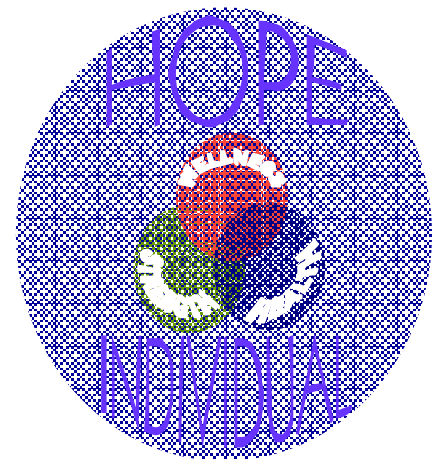


RECOVERY and WELLBEING are important, if not vital, elements in the mental health of the members of our society.

RECOVERING JANE provides a series of different scenarios designed to stimulate thought and debate around how RECOVERY and WELLBEING can be promoted and developed from a wide range of perspectives.

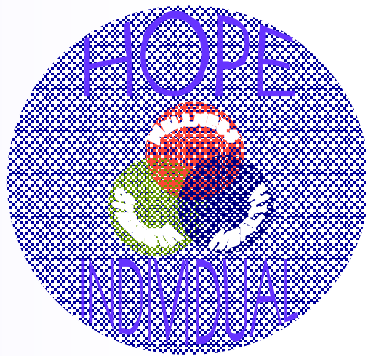
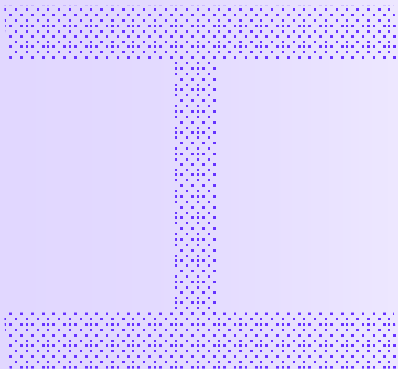
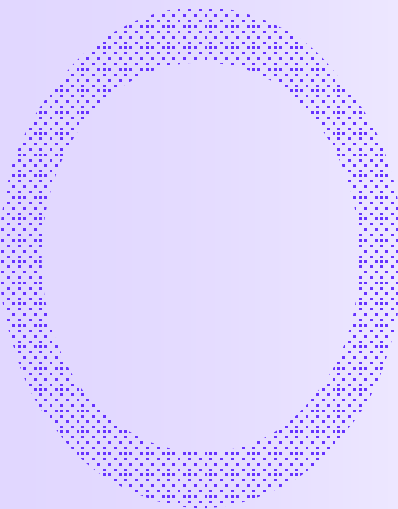
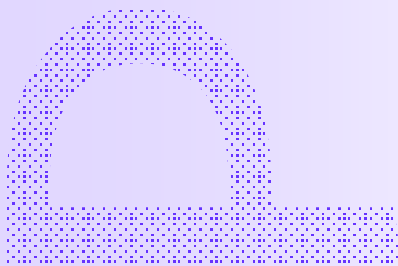
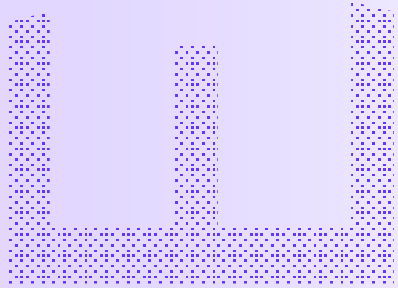
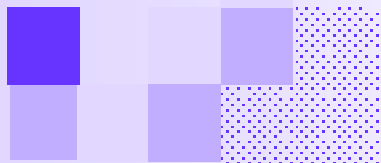
The examples include individuals who have experienced severe mental distress to carers and others supporting those with mental health needs.

Contact **HUBB** for further information on RECOVERY and WELLBEING Training.



HUBB, Training & Development Dept, 109 Rose Lane, Marks Gate, Romford RM6 5NR
E: rob.training@hubb.eclipse.co.uk E: lynn.training@hubb.eclipse.co.uk
W: www.hubbmentalhealth.co.uk
T: 020 8590 2498 F: 020 8590 2169

HUBB is a registered Charity Reg. No. 1054860. Company limited by Guarantee Reg. No. 3419875.



Wellbeing For All
 Recovery & Personalisation
 Who is Responsible?
 Challenge With Support
 Challenging Stereotypes
 Understanding Culture
 Who are you helping?



HUBB, Training & Development Dept, 109 Rose Lane, Marks Gate, Romford RM6 5NR
 E: rob.training@hubb.eclipse.co.uk E: lynn.training@hubb.eclipse.co.uk
 W: www.hubbmentalhealth.co.uk
 T: 020 8590 2498 F: 020 8590 2169

