

Recovery and Self Management References

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Books

Wellness Recovery Action Plan

Winning Against Relapse

Wellness Recovery Action Plan & Peer Support

The Loneliness Workbook

Healing the Trauma of Abuse: A Women's Workbook

Recovering from Depression

The Depression Workbook

The Worry Control Workbook

Living without Depression and Manic Depression

WRAP for Dual Diagnosis

Videos:-

Wellness Recovery Action Plan

The Wellness Toolbox

Key Concepts for Mental Health

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Websites

<http://mentalhealthrecovery.com> Mary Ellen Copeland's site

<http://www.mhc.govt.nz> Full of useful papers and research from New Zealand

<http://www.cppi.org> Commission for Patient and Public Involvement.

<http://www.doh.gov.uk> Department of Health.

<http://www.mentalhealth.org.uk> Website for the Mental Health Foundation. Spend some time looking at the resources available at this website including the 'one in four' forum.

<http://www.mhmedia.com> Mental Health Media – contact them for the *Open Up* training pack (2004)

<http://www.mhtn.org> Mental Health Trainers Network.

PDF downloads



To view the Portable Document Files (PDF) below you will need to install the Adobe Reader if you don't already have this.

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