



Case Study

In her 20s, Amelia felt that she was in a **“really bad place”** after being sectioned, she took overdoses and self-harmed, trying to end her life. The Recovery College was recommended to her during a visit to see her psychiatrist.

When she first enrolled at the college, Amelia felt the need to wear a hood or a hat, it was her way of hiding. She felt protected, and preferred that people did not see her or ask her questions.

Since then Amelia has developed and grown. She enrolled in the Recovery College’s Gardening course, even though she had never had an interest in gardening before. Not only did she utilize what she’d learnt at home, but she found work fixing and tidying up people’s gardens. She also attended courses in Woodwork, Dancing and creative writing and says these courses increased her confidence.

Amelia enjoys the environment the Recovery College creates for all that attend. **“You’re not seen as someone you used to be seen as, you’re seen as an individual. And that’s nice people see you as an individual.”**

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Realising now that she is not alone in the battle toward recovery, she reflects on her accomplishments at the college with great pride. She said, **“What I’ve achieved is, I don’t wear a hat anymore to hide myself...When I first came here I only knew how to be angry, and now I know how to smile.”**

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