

# STEP

Short Term  
Educational  
Programme




Sheffield Health  
and Social Care  
NHS Foundation Trust

## ► Recovery Education Programme

Information leaflet

This course aims to empower you to develop coping strategies and plans to self-manage your mental health.






The Recovery Education Programme is designed to empower you to develop coping strategies to help you take responsibility for your own mental health.

We'll support you to develop your own Wellness Action Plan that you can take away to use going forward.

### How do I know if it is for me?

This course is designed for people who already have a good understanding of their own mental health.

If you would like to attend you need to be:

- Willing to try new things in sessions and at home.
  - Able to commit to attending all of the sessions.
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- Open to the idea of Mindfulness.

You may find this course useful if you have already completed a Short Term Educational Programme course.

If you're not sure if the course is for you, you can speak with one of the team and ask any questions you may have before you agree to be referred.

Just give us a call on [0114 226 2660](tel:01142262660) and ask to speak to a course facilitator.

### What should I do if I'm interested in attending?

If you would like to attend the course you need to discuss it with your GP or mental health worker. They will need to refer you to the course.

When we receive your referral we will offer you an enrolment appointment.

This will give you an opportunity to meet the team and ask any questions you may have.

## The Recovery Education Programme

The course runs for eight weeks, with each session lasting around two hours.

### Week one - Believing in recovery

The first week addresses the importance of being an active agent in your own recovery.

### Week two - Self-care

We explore the potential barriers to recovery and we look at ways of challenging and overcoming these barriers.

### Week three - Storying

We explore the concept of storying, how we all have stories that reflect who we are and how we are not solely defined by the problems we struggle with.

### Week four - Understanding emotional dysregulation

This session looks at what emotional dysregulation is and what causes us to become dysregulated, as well as a look

at Mindfulness.

### Week five - Emotional regulation

This session continues our exploration of emotions and Mindfulness, as well as distress tolerance and how we manage distress.

### Week six - Taking care of your mind by taking care of your body

We talk about the relationship between our mind and body, looking at sleep and eating.

### Week seven - Exploring opportunities

This session explores future opportunities, how to get involved and how we can increase our daily activity.

### Week eight - The importance of creativity and positive mental wellbeing

We explore the positive effect creativity can have on our mental wellbeing. We also look at what's next and how we move forward.

## Short Term Educational Programme

The Short Term Educational Programme, also known as STEP, offers courses for a range of mental health problems.

All of our courses are carefully designed and facilitated by experienced staff, alongside volunteers and experts by experience.

### Get in touch

Our courses run at various times throughout the year.

If you would like to find out more about one of our courses you can get in touch with us using the below contact details:

#### Address

Short-Term Educational Programme  
Fourth Floor  
The Circle  
33 Rockingham Lane  
Sheffield  
S1 4FW

#### Telephone

0114 226 2660

#### Website

To find out more visit [www.shsc.nhs.uk/step](http://www.shsc.nhs.uk/step)