

Wellness Recovery Network



**THERE'S A REASON TO
BELIEVE YOU'LL BE
OKAY!**

**WE RUN
SOCIAL &
CREATIVE
GROUP
MEETINGS
THAT FOCUS
ON WELLNESS**



**LED BY PEOPLE WITH LIVED
EXPERIENCE OF MENTAL HEALTH**



**FOCUSING ON EMOTIONAL, PHYSICAL
& MENTAL WELLBEING**

Wellness Recovery Network

Wellness Recovery Co-Ordinator: James Keenan

Mobile: 07971329525

Email: James.Keenan@setrust.hscni.net

Like us on Facebook: [Wellness Recovery Network](#)

WELLNESS RECOVERY NETWORK

Who are we?

WRN is led by people with lived experience of various mental health issues who have been on a journey of hope, recovery and finding a sense of wellness after being in a place of total despair. What makes us different is that anyone can attend the Network as we believe Wellness is for everyone.

What do we want to achieve?

- Support conversations about mental health away from stigma.
- Promote recovery and champion individuality.
- Embrace wellness and wellbeing.
- Make connections with like-minded people.
- Nurture hope, control and opportunity.



PEER
SUPPORT


SELF
COMPASSION

EMPATHY

MINDFULNESS

SUPPORT

EMPOWERMENT



We take a meaningful all-inclusive approach to wellness that focuses on emotional, physical & mental wellbeing

What is Personal Recovery?

Personal Recovery is an individual journey of discovering & rediscovering our skills & strengths, defining our values, goals & wellness. It's about focusing on what we can do & not what we can't do. It's about finding hope when hope seems lost. We can't choose having a mental illness but we can choose recovery.

Hope

Connection

Compassion

Wholeness

Understanding

Learning

Confidence