

# RECOVERY – My Words, My Way

Based at GMIT Castlebar, the Mayo Recovery College has emerged as a significant social and educational innovation since its inception in 2013.

The Mayo Recovery College vision is to progress a culture of Recovery, to improve quality of life and to promote social inclusion. We do this by empowering people with mental health and addiction challenges, their families, supporters and members of the community through co-produced education and learning together. This unique service aims to support, maintain and promote positive mental health and to foster hopeful positive conversations about human distress. Our mission is to advance personal recovery through vibrant adult Recovery Education.

**Aims & Objectives of poster:** To share the experience of the students who attend the Mayo Recovery College enhancing awareness of the College and to attract a deeper interest from perspective and existing students.

**Description of the topic:** Students of the Mayo Recovery College were asked to anonymously write to the Recovery Educator outlining their experience of the Recovery College and respond to additional questions as set out below using their words in their way.

