



Options Recovery College
Sandfield House Scunthorpe

The Options Recovery College
have been providing Recovery
focused self-help educational courses
since September 2015.



Our 9 core courses are designed to improve the mental health and wellbeing for the people of North Lincolnshire.

All of our courses have a dedicated Peer Support Worker offering input and experiences. Here are examples of our excellent feedback:-

“Excelled expectations. Relaxed and informative lots of food for thought. Made relevant to life. Glad not just chalk and talk. Many thanks.”

“Fantastic course, professional, great to hear other people’s views, very relaxed atmosphere.”

Excellent course – very well facilitated. Really enjoyed it and would recommend it.”

“Enlightening and very helpful to personal development. Really clear and helpful information, would recommend to others.”

“Insightful, interesting. I will try some of the ‘tools’ provided. Feel more positive than before. Thank you for your support.”

“A very helpful course which I would highly recommend. All the hand-outs are invaluable.”

“Learnt ever so much, with lots of things to work on.”

“Very helpful and informative group/class. The lady was articulate and clear in her delivery, this morning my anxiety levels were sky high, the mindfulness helped me to calm and focus.”

