

Well Central

E-MENTAL HEALTH HIGHLIGHT

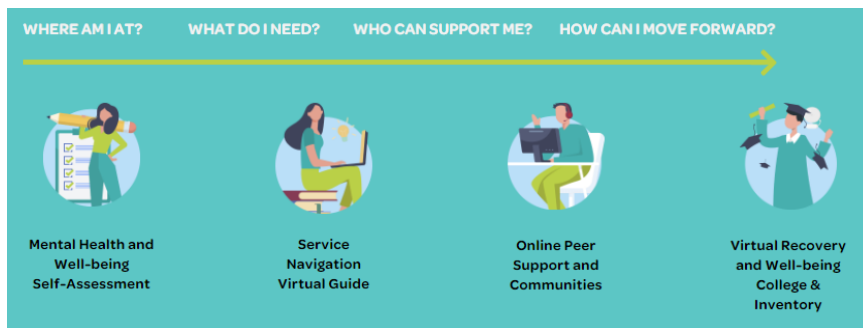
2 September 2024



A virtual recovery college for those seeking better mental health, well-being and support in recovery.

Designed to support individuals on their personal path, **Well Central's Virtual Recovery College** is a self-directed, web-based online channel with free interactive courses that empower individuals to take control of their recovery and well-being.

Well Central is built around four key functions that each address a critical area in achieving mental health and recovery.



COURSES AVAILABLE			
<p>Well-being Course</p> <p>The place to start the journey to better mental health.</p> <p>Teaches individuals how to understand themselves better and make positive changes in their lives.</p>	<p>Recovery 101</p> <p>A guide through life transformation.</p> <p>Designed to support an individual's journey in re-defining and re-establishing their life amidst mental health challenges.</p>	<p>Overcoming Loneliness and Isolation</p> <p>Discover ways to reach out to others in meaningful ways and also spark new meaning in being alone.</p>	<p>Developing Self-Compassion</p> <p>Harness the power of kindness to oneself.</p> <p>Understand the role of self-compassion and its benefits, and develop the habit of being kind to yourself.</p>

EASILY ACCESSIBLE ONLINE LEARNING

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