

# TAKING BACK CONTROL



Mental Health Self  
Management Course

You My Sister [www.youmysister.org.uk](http://www.youmysister.org.uk)  
[support@youmysister.org.uk](mailto:support@youmysister.org.uk)

# Testimonies

## What students say about our courses

"I have entered  
part time work.  
You My Sister  
has undoubtedly  
helped as I feel  
so much better  
about myself "

"I would  
go so far  
as to  
call this  
life  
saving' "

"Humanity is  
crucial in  
recovery and  
that is what the  
trainers gave us"

"Simply being  
able to talk with  
other was  
amazing"

"Everyone  
was so  
helpful &  
caring"

"You My Sister  
has really helped  
with my mental  
well being"

# About the Course

## Who is it for?

This course is for [women who have experienced any form of abuse](#). It was created and is delivered by those with experience of abuse and recovery from it. It is run online so is accessible to students anywhere. Although it is [not formal therapy](#), it can be very therapeutic.

## How does it help?

The course helps you discover what works for *you* to keep yourself well and then implement it— from daily routines to crisis planning. We do not look at the abuse you experienced, instead this focusses on the tools to manage your mental health and for you to create your own unique plan to do this.

All this is in a [safe, totally non-judgemental space](#) to help break isolation and to be with others with similar issues

After the course, we help attendees set up their own support group, if they wish, so you can continue to meet online, be with each other and support each other.

## Nuts & Bolts

- ✓ Online via Zoom\*
- ✓ Open to anyone in the UK or beyond
- ✓ 6 weeks, 1 session/week of 2-2.5hrs
- ✓ 8-10 women on the course
- ✓ 2 Trainers
- ✓ At least one trainer is a peer (who has experienced abuse)

\*We can assist with internet access if needed

## How do I enrol?

Simply contact us at [support@youmysister.org.uk](mailto:support@youmysister.org.uk)

To find out more and to enrol.

# Course Sessions

Throughout the course, you create your own unique Recovery Plan – a lifelong and constantly evolving tool to help manage mental health. The course takes you through the plan step by step, covering ...

1

## **Session 1 – Laying the Ground work**

- Introducing Recovery Plans
- Thinking about your Identity

2

## **Session 2 – Your Toolbox**

- Starting to create your box of tools to maintain mental health

3

## **Session 3 – Routines**

- Routines that help you stay well  
(and ones that don't!)

4

## **Session 4 – Managing Triggers**

- Understanding your Triggers
- Planning how to avoid, minimise, manage or recover from them

5

## **Session 5 – Early Warning Signs & Crisis**

- Understanding your Early Warning Signs
- Planning and Coping Strategies
- Planning for Crisis and Crisis Recovery

6

## **Session 6 – Bringing it All Together**

- Monitoring
- Course Recap