Our Logo

The vision for our logo was to reflect the College’s values. Traditionally bluebells are emblematic of humility.

The colours, blue and green were chosen to symbolise tranquility, dependability, trust, knowledge, growth, renewal, strength and health.

How to get involved

1. Drop-in and have a chat.

2. Check out our courses and enrol as a student.

3. Contact us if you are interested in becoming a Peer or Professional Educator (help develop or facilitate a course).

4. Help spread the word the College is open.

5. Have you say! Tell us what you think.

Contact

ACT Recovery College

Unit 2, 9-11 Montford Crescent
Lyneham ACT 2602

0490 775 436

www.recoverycollegeact.org

Find us on Facebook
#RecoveryCollegeACT

Course Timetable and Student Enrolments:
Check our website or Facebook page.

Opening Hours:
Our opening hours are subject to change. Please check online or call ahead before you visit.

learning · connection · opportunity · hope

www.recoverycollegeact.org
Welcome to the ACT Recovery College

The ACT Recovery College welcomes all Canberrans 18 years and older.

We offer free education courses on mental health, recovery and wellbeing.

We provide a safe and non-judgmental space for people to learn tips and strategies for developing confidence, control and effective self-management tools.

Our courses are co-produced by people with lived (consumer/carer) and professional experience.

Mental health recovery means different things to each individual.

“...It’s important to be able to call yourself a student – not a client or patient. Being able to study and be a student has boosted my confidence after seven years of not being able to work or study because of my illness.”

“Recovery means I am not cured; but I can get out bed in the morning and be about the business of living.”

- Participants, Canberra Stakeholder Co-design Workshop, May 2017

We would love to hear what recovery means to you!
admin@recoverycollegeact.org

Our Core Principles

The ACT Recovery College seeks to promote wellbeing and recovery by empowering individuals with the belief and ability to find and develop their own social, emotional and practical resources. Our College is guided by the following principles:

Learning: Promoting person-centred education where the voice of the lived experience is heard and respected in equal partnership with clinicians and professionals.

Connection: Enhancing social inclusion and community belonging is central to ‘living a good life’.

Opportunity: It’s never too late to learn new knowledge, attitude and skills.

Hope: Recovery is possible.

The ACT Recovery College was established through a Consortium of organisations comprising of the Mental Health Community Coalition ACT, ACT Mental Health Consumer Network, Carers ACT and the ACT Mental Health, Justice Health and Alcohol and Drug Services. The ACT Recovery College is funded by the ACT Government.