

Scottish Recovery Network ‘The Narrative Research Project’ holds a large number of recovery stories by both service users and carers. They also have some films – ‘Reflections on recovery.’

www.scottishrecovery.net

WRAP – Barbara Ellen Copeland WRAP and Recovery Books were established by Dr. Mary Ellen Copeland to develop, distribute, and make available to everyone, the recovery and wellness skills and strategies, including the Wellness Recovery Action Plan, that she discovered through her research.

www.mentalhealthrecovery.com

Discrimination and Stigma

Time to Change England’s biggest programme to challenge mental health stigma and discrimination. Resources, campaigning and activities. Led by Rethink Mental Illness and Mind.

www.timetochange.org.uk

4 Goes Mad Channel 4 website with interactive resources on a range of different disorders. Designed to challenge mental health discrimination and stigma.

4goesmad.channel4.com

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