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## **Useful Resources**

### **Online resources for caregivers**

#### **Carers UK**

<http://www.carersuk.org/> (Retrieved 29<sup>th</sup> April 2013)

#### **Carers Trust**

<http://www.carers.org/> (Retrieved 19th June 2013)

#### **CIRCLE Centre for International Research on Care Labour and Inequalities**

<http://circle.leeds.ac.uk/> (Retrieved 29<sup>th</sup> April 2013)

#### **FACTOR (Family/Friends and Caregivers Together in Research)**

<http://www.mhrn.info/pages/family-members-friends-or-carers.html>  
(Retrieved 29<sup>th</sup> April 2013)

#### **Fadden, Gráinne, James, Carolyn and Pinfold, Vanessa.**

#### **Caring for Yourself is a self-help workbook for family and friends supporting people.**

<http://www.rethink.org/carers-family-friends/caring-for-yourself-guide>  
(Retrieved 29<sup>th</sup> April 2013)

### **Recovery Innovations Arizona**

STAND (Sticking Together and Never Doubting) Recovery Information for Family and Friends. <http://www.recoveryinnovations.org/riaz/STAND.html> (Retrieved 29th April 2013)

### **The Scottish Recovery Network**

<http://www.scottishrecovery.net/Latest-News/carers-need-recovery-too-meeting-wrap.html> (Retrieved 29th April 2013)

### **Online recovery resources**

Beyond the Storms: Reflections on Personal Recovery in Devon, Recovery Devon. <http://www.recoverydevon.co.uk/index.php/recovery-in-action/stories-of-personal-recovery/52-beyond-the-storms> (Retrieved 29th April 2013)

Hidden Talents: NHS workers who have personal 'lived' experience of mental health problems. 2012.

<http://www.dorsetmentalhealthforum.org.uk/pdfs/other/hidden-talents.pdf> (Retrieved 29th April 2013)

Implementing Recovery, Centre for Mental Health

[http://www.centreformentalhealth.org.uk/pdfs/implementing\\_recovery\\_paper.pdf](http://www.centreformentalhealth.org.uk/pdfs/implementing_recovery_paper.pdf) (Retrieved 29th April 2013)

Implementing Recovery Through Organizational Change (The IMROC Project)

<http://www.nhsconfed.org/Networks/MentalHealth/projects-and-resources/imroc/Pages/Implementing-Recovery-Organisational-Change-Project.aspx> (Retrieved 29th April 2013)

Recovery Plan (easy read), St George's Mental Health Trust.

[http://www.swlstg-tr.nhs.uk/\\_uploads/documents/publications/leaflets-for-service-users-carers-and-professionals/easy-read-leaflets/recovery\\_plan\\_easy\\_read.pdf](http://www.swlstg-tr.nhs.uk/_uploads/documents/publications/leaflets-for-service-users-carers-and-professionals/easy-read-leaflets/recovery_plan_easy_read.pdf) (Retrieved 29th April 2013)

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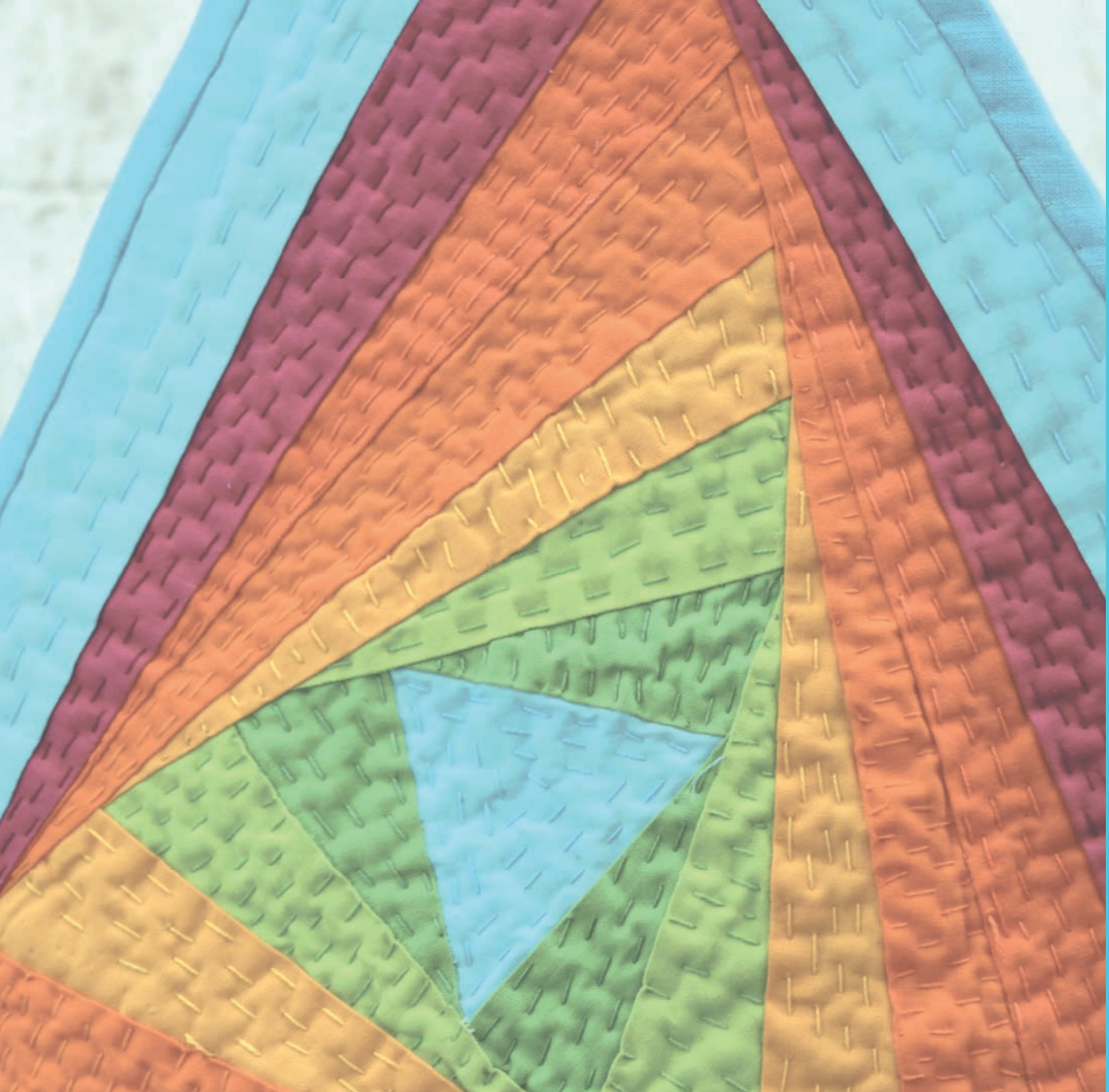
[http://www.recoverydevon.co.uk/download/Making\\_recovery\\_a\\_reality.pdf](http://www.recoverydevon.co.uk/download/Making_recovery_a_reality.pdf) (Retrieved 29th April 2013)

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<http://www.researchintorecovery.com/> (Retrieved 29<sup>th</sup> April 2013)

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(Retrieved 29<sup>th</sup> April 2013)

Top Ten Tips for Recovery, Centre for Mental Health.  
[http://www.centreformentalhealth.org.uk/recovery/recovery\\_top\\_tips.aspx](http://www.centreformentalhealth.org.uk/recovery/recovery_top_tips.aspx)  
(Retrieved 29<sup>th</sup> April 2013)





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