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Highland
Recovery
Network

What is the Highland Recovery Network ?

The Highland Recovery Network is made up of individuals and groups based in the Highlands who are interested in promoting mental well-being and mental health recovery.

The network is open to anyone who shares these aims or wishes to be involved, this includes those with lived experience of mental illness, carers and professionals.

Led by a steering group of interested individuals with a range of experiences and backgrounds, the network aims to link up existing recovery focused work bringing people together and sharing knowledge and resources.

How can I get involved or find out more?

Highland Recovery Network is not hosted by any one organisation therefore it currently exists as an interactive website.

www.highlandrecovery.org.uk is a growing resource of local activities, groups and information that support recovery directly or indirectly. Become a member via the website, submit your group information and activities and investigate what is going on in your local area. Contact us: info@highlandrecovery.org.uk

