

ReCoCo: The Recovery College Collective

From March 2020

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ReCoCo Recovery College run a variety of creative, educational and support-based classes. All courses are free and open to anyone who would find them helpful in their recovery from mental illness, substance misuse, trauma or distress, or to anyone who might find them beneficial to their wellbeing.

It's a place where people who experience or have experienced mental health difficulties can come together, make connections and develop their knowledge and skills in relation to recovery. It's also a safe place to go when individuals feel that they are in need of extra support.

[North East Law Centre](#) offers welfare rights advice and advocacy to enrolled students through their Recovery Through Rights project.

Tyneside Recovery College and many voluntary sector groups have come together to form the Recovery College Collective.

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