

# The Recovery Centre Inverness

The first of its kind in the Scottish Highlands

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An initiative by Centred Scotland, the leading mental health charity in the Scottish Highlands.

A 23-bedroom residential facility specialising in supporting people to recover from enduring mental ill-health.





## Our approach

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We support people in their journey to recovery from mental ill-health to mental wellbeing.

Our aim is to help each person develop the skills and confidence to live as fulfilling and independent lives as possible.

We adopt a person-centred approach. Everyone at the Recovery Centre is supported to develop a support plan to identify and help reach their goals.

Our staff comprise of registered nurses and support workers, all with a wide range of experience.

Everyone will move on from the Recovery Centre at some point and this may be into their own individual tenancy, a shared tenancy or a residential facility that can offer a long-term placement.

## Referral

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Referrals are made by professionals already supporting an individual whether it's a doctor, nurse, occupational therapist or other healthcare professional.

We already provide support to NHS Highland and will accept referrals from across the UK. Individuals may also refer themselves to the centre for periods of respite.



## Our facilities

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We offer a variety of accommodation options from bedrooms, studios and apartments to flats and self-contained cottages.

Our bedrooms facilities:

- all bedroom furniture
- natural daylight / window
- fridge freezer
- en-suite toilet and wash hand basin

Bedroom residents also have the use of communal bathrooms, kitchen and laundry.

All residents:

- communal lounge and dining area
- courtyard
- sun-room
- games room
- wrap around garden and garden room



# The Recovery Centre

## Inverness

### Good to know

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The Recovery Centre is registered with the Care Inspectorate and is inspected annually. Download our latest [inspection report](#) on our website

Our nursing staff are registered with the Nursing and Midwifery Council and our support workers are registered with the Scottish Social Services Council.

### Get in touch

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