

Where to find more self help information:

Mood juice leaflets :

Details: A professional site, offering access to many Mental health self help resources

Website:

www.moodjuice.scot.nhs.uk/professional/index.html

Northumberland leaflets:

Details: A range of self help booklets

Website: www.ntw.nhs.uk/pic/selfhelp/

Living Life to the Full On-Line:

Details: A powerful new life skills resource. The course has been written by a psychiatrist who has many years of experience using a cognitive behaviour therapy (CBT) approach and also in helping people use these skills in everyday life

Website: www.livinglifetothefull.com

Get Self Help:

Detail: CBT self help information, resources and tools including therapy worksheets

Website: www.getselfhelp.co.uk

Self Help Books

Depression

Overcoming Depression and low mood

Williams, Chris

Overcoming Depression

Gilbert, Paul

Anxiety

Overcoming Anxiety

Kennerley, H

Coping with Anxiety

Bourne, Edmund

Mood Management Course

Course Information

Psychological Therapies Team



Positive Steps to Wellbeing

Enrolment Details

Date: Wednesday 5th March (2014)

Time: 4:30 pm — 6:30 pm

Room: E106

Alternatively contact Atiyah or Kathleen



Managing Mood and Worry

8 week self help course to learn techniques to manage low mood and anxiety through the way we act and think.

Each session will run for 2 hours at the same time and place each week.

To get the most out of sessions we ask you to miss no more than two of the eight sessions.

Managing Mood and Worry

FREE Course Structure

Session	Content
1 05.03.14	Introduction and enrolment for 8 week course
2 12.03.14	Understanding the vicious cycle
3 19.03.14	Understanding Behavioural Activation
4 26.03.14	Thinking Feeling Connection
5 02.04.14	Thought Challenging
6 09.04.14	Problem Solving
	EASTER BREAK
7 30.04.14	Behavioural Experiments
8 07.05.14	Trouble shooting techniques
9 14.05.14	Self Management & Certificate

LOCAL COURSE IS HELD AT:

Telford College of Arts and Technology (TCAT)

Map:



For further information please contact:

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or

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