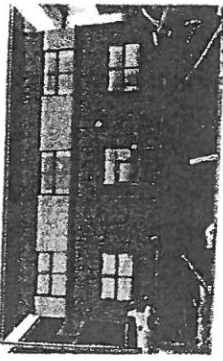


It's easy! Just call us on:

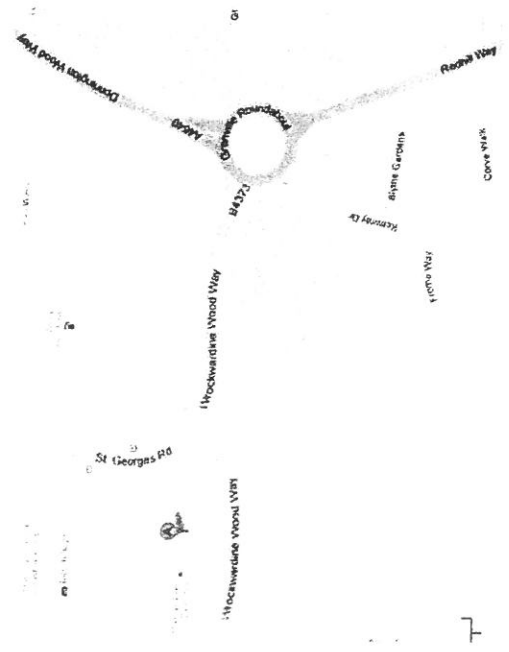
01952 613 822

LONGDON HOUSE
ST GEORGES COURT
DONNINGTON
WOOD
TELFORD
TF2 7BF
(SAT NAV: TF2 7AS)



01952 613 822

Near to Asda Superstore
in Donnington by the
ARC Car Wash

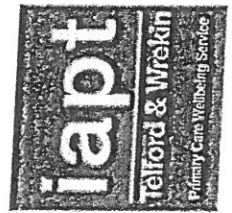


Primary Care Wellbeing Service

Supporting you to
move forward

Primary Care Wellbeing Service
Longdon House
St Georges Court
Donnington Wood
Telford
TF2 7BF

Managing My Low Mood Course



Keep in touch;
Email us: wellbeing.telford@sssft.nhs.uk
Tweet us:



@Telford_IAPT



Positive Steps



Our courses have been designed to promote wellbeing and support you to help yourself in moving forward with your current difficulties.

What to Expect

The course is run in small groups, usually between 5 to 12 people. Each group is facilitated by two practitioners, who will be teaching the techniques and guiding the sessions.

Managing My Low Mood is not like group therapy, where everyone is expected to tell their own story. Instead, it is a guided course where your Practitioners will teach you about CBT, and techniques to help with your low mood. Whilst group members are invited to participate and provide feedback, no-one is asked to speak in front of the group if they do not wish to, and there are no "icebreaker" tasks or questions. Practitioners will always stay behind for a few minutes at the end of each session, to answer any questions you may want to ask privately.

Course Outline

This is a 9 week self help course to learn techniques to manage low mood through the way we think and act. The focus of this course is to learn new techniques to manage symptoms of low mood. Each session will run for 1.5 hours at the same time and place for 9 weeks. We also invite you to attend a pre-course which is an introductory session for 45 minutes.

Pre-course an informal 45 minute session that gives you the chance to meet your Practitioners and find the building. Each session you will receive handouts to help you with that weeks objectives. If you keep these together, by the last session they will make up a booklet you can use in the future. Session One will help you to understand more about depression and how we can break out of the vicious cycle by changing our behaviours and increasing activities.

Session Two will continue with the Behavioural Activation technique. Session Three introduces unhelpful thinking styles.

Session Four the connection between our thoughts and feelings and using a thought diary.

Session Five to learn how to challenge negative thoughts.

Session Six to revise more helpful thoughts.

Session Seven moves on to a technique called Problem Solving

Session Eight helps troubleshoot all the techniques

Session Nine on self management

Feedback from previous attendees

People who have previously attended our groups have commented that they no longer feel alone when they meet other people suffering in the same way as them. Our attendees have described our courses as non-judgemental, and felt that they had given them hope.

"I realised it wasn't just me, I didn't feel so alone"

"It helped with many areas of my life, everything felt a lot less overwhelming"

How to find us

We are on the industrial estate next to ARC car wash, opposite Tafs garden centre.

Please note parking is limited at Longdon House, but if you turn right opposite the entrance to Longdon House parking is available on a larger car park at the bottom of the industrial estate, which is less than 2 minutes walk away.

Bus routes 5 and 5A:

Opposite Asda Superstore in

Donnington by the ARC Car Wash

Map and address on back