



Partnership working  
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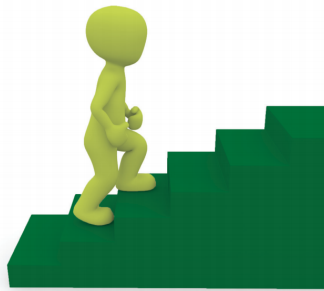


Southern Health   
NHS Foundation Trust

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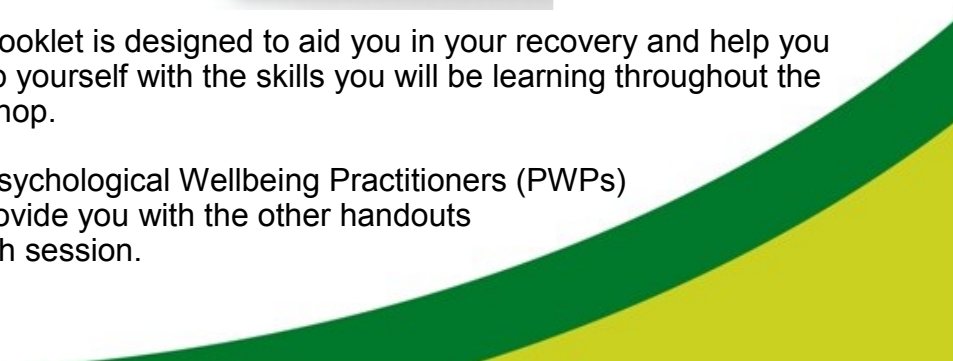
## Welcome to the

# Managing Moods Workshops



This booklet is designed to aid you in your recovery and help you to help yourself with the skills you will be learning throughout the workshop.

The Psychological Wellbeing Practitioners (PWPs) will provide you with the other handouts at each session.



### What is Managing Moods ?

The italk offer an NHS commissioned service offers group, telephone and online based support to people who are experiencing symptoms of anxiety, depression and stress.

These workshops are designed to teach you some **Cognitive Behavioural Therapy** based Guided Self Help to manage symptoms of **anxiety, depression and stress**.

The Guided Self Help strategies that we use at italk are evidence based and in line with NICE (National Institute Clinical Excellence) guidelines and will be run by two trained practitioners.



### Attendance

- Four sessions (once a week)
- Up to 2 hours, with a break
- Minimum attendance is 3 out of 4 sessions, as each session is critical.
- All workshops are **FREE**

### How can it help?

As well as teaching you some new skills and techniques to manage your mood, there are other benefits to attending the group.

These include being around others with similar experiences or stories as yourself, having a scheduled time each week to focus on your recovery, and finally being able to ask a practitioner any additional questions you may have during or after the sessions.

### What if it's not for me?

If you attend the 4 sessions and find it wasn't what you needed, or you would like some additional support, you will be offered a review after the group has finished. Within this review we can talk through any alternative options for treatment.



### Can I bring someone with me?

Unfortunately, we are unable to accommodate friends and family on to the group. However, if you feel someone who also struggles with depression or anxiety may benefit from attending, they can register online ([www.italk.org.uk](http://www.italk.org.uk)) or over the phone (02380 383920).

### Four sessions:

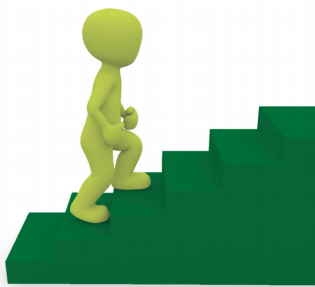
The sessions are semi-interactive; this means that information will mainly be presented to you by our two trained practitioners and you will be given handouts at each session to personalise the skills to your journey.



There will be **some** small group discussions, however you **do not** have to share anything personal if you do not wish, and you will not be expected to talk in front of the group.

- 1. Looking at Mind over Matter:** This concentrates on how depression and anxiety begin, but most importantly what keeps it going. We discuss anxiety, anger and panic, focussing on how the body is affected by our mood. We will introduce you to CBT and how it works and teach some stress reduction strategies.
- 2. Looking at Thinking:** Here you will be able to concentrate on understanding how our negative thinking affects our behaviours and how to begin challenging these thoughts.
- 3. Looking at Life:** In this session we focus on getting a better balance in life and ways to improve low mood. We will also look at good Goal Setting and stopping ourselves from becoming too overwhelmed
- 4. Looking at Better Behaviours:** Here we will look at strategies to help us move from constant worrying to effective Problem Solving. Finally we end by working through some general lifestyle changes, e.g. what does and doesn't aid sleep.

Each session will end with suggestions for activities to try. Evidence suggests that people who practice these skills between sessions will get much more from the workshops, **so why not give them a go!**



For all our latest news and service updates follow us on:



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**We look forward to seeing you...**

**Any other questions?**

Call: 02380 383920  
Visit: [www.italk.org.uk](http://www.italk.org.uk)

**Please note, your risk will not be routinely monitored whilst you attend the group.**

If you are having thoughts of harming yourself or others, please contact your GP immediately.

You may also contact services such as Samaritans (116 123).

