



# MOOD MANAGEMENT COURSE

**Welcome to our 5 week Mood Management course.**

The low mood course is a way of learning new tools and techniques to manage low mood in a group environment. Each session covers something different, so you will have a toolbox of skills to use by the end of the course. We do encourage group discussion within a relaxed environment. The skills covered in each session will be set for homework and you will have the opportunity to ask questions at the next session.

Sessions are held weekly for two hours at the same time and place as detailed in the enclosed letter.

# SESSION OVERVIEW

1

## Introduction

Meet the facilitators and discuss course structure.

2

## Getting going again

Identify what you would like to start doing and introducing small changes.

3

## Challenging unhelpful thoughts

Looking at unhelpful thinking habits and how to change them.

4

## Problem solving and sleep

Dealing with problems that have solutions and making small changes to sleep

5

## Maintaining progress

Looking at how to keep yourself well.

## Review

In session 5 you will arrange a 15 minute review call with one of the group facilitators. This is to discuss how you found the group and what might be helpful going forward.

# WHAT IF ITS NOT FOR ME?

We understand that group therapy is not for everyone. Please do contact us if you feel other means of therapy may be more beneficial to you.

You can do this by approaching one of the course facilitators or call us on our main number. We are always happy to talk to you about your concerns and look at how we can help you further.

For any queries please contact 01234 880400