self management uk

Feel positive about your mental wellbeing

- (+) Do you want to develop the confidence to take more control of your life?
- (+) Do you want to learn skills and techniques to help you?
- (+) Do you want to change your thinking about mental wellbeing?

Take part in our free course that will help you:

- (+) Feel more confident
- (+) Learn skills and techniques to manage day-to-day challenges
- (+) Improve your own health and wellbeing
- (+) Make new friends, reducing feelings of isolation
- (+) Learn about developing more effective relationships with healthcare professionals

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How does it work?

The courses are led by experienced facilitators, who have experience and an understanding of mental health conditions. The course is run in the community over 7 weeks with each session lasting three hours.

Making that first step is often the hardest. Each person attending will have the same worries and concerns as you. Each new group consists of ALL new participants – so we are all first timers.

> " *Definitely makes you realise you are not on your own* "

What does the course cover?

- ⊕ Set-back strategies and reinterpreting beliefs
- ⊕ Positive thinking
- ⊕ Communicating better with family and healthcare professionals

- ⊕ Triggers and relapse symptom awareness
- ⊕ Anxiety and depression management
- ⊕ Confidence building paced to individual requirements

> " *My future goal includes feeling confident and capable of coping on my own* "

To book your FREE place or to find out more about self-management, call us on FREEPHONE 0800 988 5560, 03333 445 840 (mobile friendly), email us at hello@selfmanagementuk.org or visit our website