



## MANAGING LOW MOOD

THE GROUP RUNS OVER 8 WEEKS, EVERY WEEK FOR TWO HOURS ON A SPECIFIC DAY AND AIMS TO HELP PEOPLE BETTER MANAGE THEIR LOW MOOD INDEPENDENTLY. EVEN THOUGH THIS IS GROUP SUPPORT, THERE ARE ELEMENTS OF 1:1 SUPPORT INCLUDING REGULAR CHECK INS IF NEEDED AND SUPPORT PLAN REVIEWS WHICH ARE DONE ON A 1:1 BASIS. THE GROUP IS INTERACTIVE AND A GREAT WAY TO BUILD SUPPORT NETWORKS WHILST LEARNING HOW TO BETTER MANAGE YOUR LOW MOODS!





**MANAGING LOW MOODS  
SCHEDULE:**

**SESSION 1: DEPRESSION PSYCHOEDUCATION AND  
BEHAVIOURAL ACTIVATION PT.1**

**SESSION 2: BEHAVIOURAL ACTIVATION PT.2 AND  
VALUES**

**SESSION 3: ANALYSING OUR THOUGHTS**

**SESSION 4: CHALLENGING OUR THOUGHTS**

**SESSION 5: POSITIVE PSYCHOLOGY**

**SESSION 6: SELF-COMPASSION**

**SESSION 7: SELF CARE**

**SESSION 8: REFLECTION AND CLOSING**

**TO ENROL DOWNLOAD A REFERRAL FORM AND SEND IT  
IN OR GIVE US A CALL ON 0800 0234 575**

