

# Self-help courses



Healthy Minds Bucks

Buckinghamshire Primary Care Wellbeing Service

iapt

Improving Access to Psychological Therapies



## **What will the course be like?**

The course will consist of three facilitators and 10-12 people who are experiencing anxiety or low mood. The course will consist of six weekly two hour sessions.

Throughout the course you'll have the opportunity to share your own experiences, learn from the experiences of others, and learn cognitive behavioural techniques to manage your anxiety or depression. Members will be encouraged to try out these techniques between sessions and review the outcome.

## **What will the course cover?**

The course materials are based on well researched Cognitive Behavioural Therapy (CBT), a psychological approach focusing on the links between our thoughts, feelings and behaviours.

### **The Anxiety course will cover the following topics:**

- What is CBT?
- What is anxiety?
- Physical symptoms of anxiety
- Relaxation
- Helpful & unhelpful ways of coping with anxiety
- Overcoming avoidance
- Unhelpful thinking & worry
- Challenging our thoughts & worries
- Planning for the future

### **The Mood course will cover the following topics:**

- What is CBT?
  - What is depression?
  - Helpful and unhelpful ways of coping with depression?
  - Problem solving approach
  - Unhelpful thinking & worry
  - Challenging our thoughts & worries
  - Planning for the future
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## **What are the benefits of these courses?**

- sharing ideas and experiences with people who can relate to my experiences
- meeting new people
- learning techniques to help me manage my difficulties
- feeling safe to share experiences in a confidential setting
- being in a supportive environment
- the courses rotate between venues, daytime and evenings for your convenience

## **What if I'm uncomfortable in a group setting?**

You won't be on your own. It is natural for people to feel anxious when in new situations. People who have attended our courses have found this easier with each session. We will have a range of individual, small group activities with the opportunity to feedback to the group. You may share as much or as little as you are comfortable with. The facilitators will be available if you have any concerns.

## **What do I need to do now?**

If you decide you would like to attend one of our courses, we will put you on the waiting list and invite you by letter.

## **Is the scheme confidential?**

Records of the care you receive may be accessed at certain times to allow our staff to provide you with the appropriate level of support you require during your treatment.

## **Feedback from people who have attended our courses**

*"I enjoyed meeting other people with similar issues"*

*"It was useful to come away with comprehensive notes. I have been able to refer back to them and carry out certain exercises when I have had a bad day"*

*"It was comforting to discuss things with people who could relate and understand because they felt the same way"*



## Contact Us

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরমেট) পেতে চান  
তবে দয়া করে আমাদেরকে বলুন

જો તમને આ માહિતી બીજી ભાષામાં અથવા બીજા આકારમાં જોઈએ, તો કૃપા કરીને અમને પૂછો  
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若您需要本信息的另一种语言或格式的文本，请与我们联系

ନେବ ପ୍ରାଚୀନ ଚିତ୍ର ନାଟକାଦି ବିଭିନ୍ନ ଭାଷା ନାମ ମଧ୍ୟରେ ବିଭିନ୍ନ ଚାହୁଣି ପଡ଼ି ତା ବିବରଣୀ ଉପରେ ମାତ୍ର ପୁସ୍ତକ

اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے درکار ہیں تو براہ کرم ہم سے پوچھیں:-

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