

Coping skills workshop

Skill up for life

Are you a young person who wants to recognise and understand your emotions?

Do you want to be able to tolerate distress and build a life worth living?

Then you need to join our skill up for life workshops.

What is skill up for life

Skill up for life is a six-week group workshop run by the getting more help team, part of the Central Oxon Child and Adolescent Mental Health Service (CAMHS).

It is designed for young people who want help recognising and managing their emotions, tolerating distress and building a life worth living.

Over six weeks we can help you build skills in:

- Looking after yourself
- Having healthy relationships
- Being in the moment (mindfulness)
- Coping with your feelings, however hard they are
- Stopping and thinking
- Believing that change can happen.

Who are the workshops for?

- Young people aged 14 to 17
- Living in or near Oxford
- Looking for help with low mood, anxiety and managing difficult emotions.

There will be 8 to 10 people in the workshop. It is a place to learn and practice skills that will help you manage emotions and distress

Skill up for life does not provide group therapy session where you will be expected to share details of your personal life or experiences.

You will need to attend all six weeks of the workshop and may be asked to complete some homework tasks.

What to the workshop covers

- Week one: introduction to the group
- Week two: mindfulness and relaxation techniques
- Week three: thoughts, emotions and behaviours
- Week four: feelings
- Week five: distress Tolerance
- Week six: review

You will be offered a screening appointment prior to the course starting and a follow-up appointment prior to discharge.

Feelings are like waves. We can't stop them coming, but we can choose which ones to surf.

— Jonatan Mårtensson

Join the skill up for life workshop

The workshop runs weekly from 3.30pm until 5pm at **XXX**. There will be a short break and snacks will be provided.

Any questions?

Contact the Central Oxon CAMHS Getting More Help team

Telephone: 01865 902 720

Email: CAMHS@

www.oxfordhealth.nhs.uk/children-and-young-people/

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

Please contact us if you would like the information in another language or different format.

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسيق مختلف.

আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে **Bengali** পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।
Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

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