

Press Release

17th August 2015

Free course available to help those with low mood and anxiety

A course helping people in Malvern deal with low mood and anxiety is all set to begin next month.

The free 11 week workshop is being run by Healthy Minds, part of Worcestershire Health and Care NHS Trust – the main provider of mental health services within the County. It aims teaches skills in managing difficult thoughts and feelings and encourages people to move towards a life which has meaning and purpose through a focus on values and goal setting.

The sessions are based on Acceptance and Commitment Therapy (ACT). ACT Therapy helps you to stand back and notice your thoughts, open up to and allow for difficult emotions and make changes to what you do so to live a more meaningful and purpose driven life. Some of ACT is based on mindfulness approaches which is an integrative, mind-body based training that helps people to relate to their thoughts and feelings differently.

Katherine Riley a Cognitive Behavioural Therapist with Worcestershire Health and Care NHS Trust said, “This kind of therapy can help people in a number of ways: A course can remove the shame of feeling anxious and depressed. This course helps people notice and relate differently to their distressing thoughts and feelings so to pursue valued goals in life. I would really encourage people to get in touch with us and see if the course is for them.

The group sessions start on the morning of Tuesday 15th September at Prospect View Surgery in Malvern. The course is completely self-referral so you can go along without a referral from your GP. Before the course starts you will be offered an initial consultation with one of the course facilitators who will check whether the course is right for you.

To arrange an appointment or to discuss coming to the group please phone 01905 760118.

-ENDS-

www.hacw.nhs.uk/