

Managing Your Feelings

Skills Groups for People with Intellectual Disability

Lifeline is offering 9 week skills groups based on Dialectical Behaviour Therapy and Cognitive Behavioural Therapy strategies for adults (18) with mild to moderate intellectual disability who are experiencing symptoms of anxiety or depression. The following key components will be covered:



- ⊗ Mindfulness skills to stay focused on the present moment
- ⊗ Skills to recognize and regulate emotions, thoughts and actions
- ⊗ Skills to build helpful thoughts and behaviours

Who can attend? People who live, work or study in Northern Sydney or the Northern Beaches, and who have mild to moderate intellectual disability and mental health concerns are eligible to attend (see snhn.org.au for further details).

How much does the group cost? There is no cost to participants but a referral from a GP to the SNPHN Mental Health Triage is required in order to attend.

Managing Your Feelings Skills Group

Commences: Wednesday 11 October 2017, 10:30-12:30

Venue: CDS Cremorne, 231 Military Road
(Enter via Cranbrook Avenue)

For more information contact
PHN Mental Health Line on 1300 782 391, or email
PHNgroups.coordinator@lifelineh2h.org.au