

## Managing Your Mood Skills Groups for Adults

Are you struggling with distressing feelings and thoughts?

Are you experiencing symptoms of anxiety and depression?

Do you want to learn skills and strategies to more effectively manage your feelings and your relationships?

Lifeline is offering 16 week DBT skills groups which will cover the following key components:

- ⊗ **Mindfulness skills** – to stay focused on the present moment
- ⊗ **Emotion Regulation skills** – to deal with intense negative emotions and develop emotional coping strategies
- ⊗ **Distress Tolerance skills** – to effectively deal with painful emotions and situations
- ⊗ **Interpersonal Effectiveness skills** – for assertive communication and building relationships



**Who can attend?** If you live, work or attend school in Northern Sydney or the Northern Beaches, have mild to moderate mental health issues and fall into one of the identified risk groups, you are eligible to attend (see [snhn.org.au](http://snhn.org.au) for further details).

**How much does the group cost?** FREE but you will require a referral from your GP to attend. (Form found here: [sydneynorthhealthnetwork.org.au/mentalhealthtriage](http://sydneynorthhealthnetwork.org.au/mentalhealthtriage))

**To register your interest:** please talk to your GP, or contact the Group Coordinator on 8287 1158 or [PHNgroups.coordinator@lifelineh2h.org.au](mailto:PHNgroups.coordinator@lifelineh2h.org.au)

### **2018 Skills Group Dates**

#### **Adult Groups (18+ years)**

Monday 10-12 noon, 23 July – 12 November 2018, at Lifeline Northern Beaches, **Balgowlah**.

Monday 9:30-11:30, 6 August – 26 November 2018, at Lifeline Harbour to Hawksbury, **Gordon**.

Monday 3-5pm, 6 August – 26 November 2018, at Lifeline Harbour to Hawksbury, **Gordon**.