

## Managing Your Mood

### Skills Group for Young People aged 14-18

#### Hornsby 2025



*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 psychological skills groups offered over two 8-week modules, covering 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 or attend school in Northern Sydney or the Northern Beaches, are between 14 and 18 years old, and have mild to moderate mental health concerns you may be eligible to attend.

**Before a place in the group can be confirmed you must have a PHN Mental Health Triage Referral Form AND a Mental Health Treatment Plan, submitted by your Doctor to the PHN for processing.**

(access to Referral Form here: <https://sydneynorthhealthnetwork.org.au/mentalhealthtriage/>)

**How much does the group cost?** FREE with the appropriate referral.

**For enquiries:** please contact LifelineH2HS Group Services on **8287 1158** or [groupservices@lifelineh2h.org.au](mailto:groupservices@lifelineh2h.org.au)

### **2025 Managing Your Mood Group Hornsby**

Young People 14-18 years

**Wednesday 26 Feb – 2 Jul, 5:00-7:00pm at Hornsby Library**

*(Group breaks for the school holidays)*