

Managing Your Mood Skills Groups for Adults

Gordon & Seaforth 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 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 study in Northern Sydney or the Northern Beaches and have mild to moderate mental health issues, you may be eligible to attend.

Before a place in the group can be confirmed you must have a PHN Mental Health Triage referral from your doctor AND a copy of your Mental Health Treatment Plan, submitted to the PHN for processing.

(Form found 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

2025 Skills Group Dates

Adult Groups (18+ years)

Monday 9:30-11:30am, 3 Mar – 30 Jun, at Lifeline Harbour to Hawkesbury, **Gordon**
Monday 9:30-11:30am, 3 Mar – 30 Jun, at **Seaforth** Village Community Centre