

## Managing Your Mood

### Skills Groups for **Adolescents**

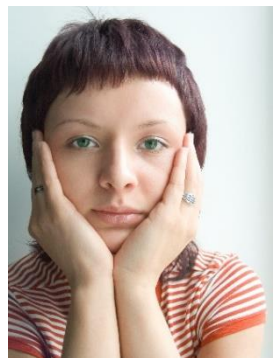
Are you struggling with distressing feelings and thoughts?

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



\* Groups will break for the school holidays and recommence in Term 2.

**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 are eligible to attend.

**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)

### 2019 Managing Your Mood Terms 1 + 2

Adolescents 14-18 yrs

Thursdays, 5:30 - 7:30pm, 21 February – 20 June, at Balgowlah

**All potential participants must have a referral before a place can be confirmed.**