

Managing Your Mood Skills Groups for Adults

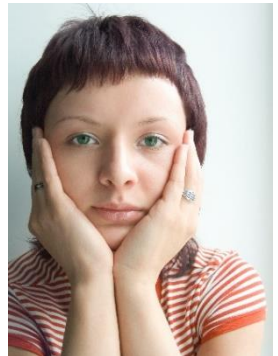
Are you struggling with distressing feelings and thoughts?

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 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 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 for further details).

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

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)

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

2019 Skills Group Dates

Adult Groups (18+ years)

Mondays, 10-12 noon, 25 February – 24 June 2019, at Lifeline Northern Beaches, **Balgowlah**

Mondays, 9:30-11:30, 25 February – 24 June 2019, at Lifeline Harbour to Hawksbury, **Gordon**

Mondays, 3:00-5:00pm, 25 February – 24 June 2019, at Lifeline Harbour to Hawksbury, **Gordon**