

# How can I register to take part?

## By Email:

Please send an email with the subject 'Understanding Emotional Wellbeing' to the following email address:

**[Northshropshirepcn.psychology@mpft.nhs.uk](mailto:northshropshirepcn.psychology@mpft.nhs.uk)**

Please include your full name, date of birth, and telephone number and state that you would like to register for the group.

## Having trouble registering?

If you have any difficulty registering by email, please ask the person who gave you this leaflet to pass on your details.

## What happens next?

You should receive a response to your email within 5 working days.

## 'Understanding Emotional Wellbeing' Group



## Is the group right for me?

This group may be helpful if:

- You are aged 18 and over.
- You have been struggling with low mood or anxiety for some time.
- Low mood or anxiety is causing difficulties in your day-to-day life, including work, relationships or interests.
- You have been unable to access support from existing mental health services.

## What does the group involve?

This group will provide information about **anxiety and low mood**, and will introduce some strategies for managing these difficulties.

The group is based on a type of therapy called Cognitive Behavioural Therapy, which considers the link between thoughts, feelings, and behaviour.

There will be some group discussions about topics such as experiences of anxiety and low mood, but you do not have to share any information that you do not feel comfortable sharing.

## Practicalities:

The group will take place either face-to-face at a local GP surgery, community venue, **or** online via Microsoft Teams video call.

To join online you will need to have a computer or smartphone that has a camera, a microphone, and internet access.

The group runs for five weeks, with a 90-minute session each week.

We release the dates and times for each new group throughout the year.