

What is the time-frame of the course?

The course will take place weekly for 2 hours, with a break half-way through each session. and will last for 6 weeks. The course will consist of a small number of people, from all ages, genders and backgrounds.

We understand coming to a group can be incredibly difficult. From our experience people can learn a lot from being alongside others who have had similar experiences.

We advise that prior to the course that you take a look at some self-help resources.

You could visit these websites:

- <https://www.mind.org.uk/>
- <https://www.ntw.nhs.uk/pic/selfhelp/>

Mobile phone apps:

- **Optimism** – A mood chart that helps you to look at what affects your mental health, such as sleep, diet and exercise
- **Calm** or **Headspace** – Mindfulness apps which can help you to manage difficult thoughts and emotions by focussing non-judgementally on the present.

6 Week Depression Course

Depression can be described as an emotional difficulty which can interfere with day to day life.

Depression is unique to everybody. People who experience depression often report:

- Low mood
- Low energy levels
- Sleeping difficulties
- Changes in appetite
- Loss of concentration
- Withdrawing from social activity
- Loss of interest in pleasurable activity

Some people also self-harm or have thoughts to end their life.

How could the course help me?

- Understand what depression is and how it can affect us in different ways.
- Understand the importance of self-care including diet, sleep and exercise.
- Explore how our thoughts can influence our feelings and behaviours.
- Identify alternative ways of thinking.
- Explore the importance of meaningful activity and collaborating with others.

The course is designed to be educational, with an emphasis on developing new skills, based on cognitive behaviour therapy (CBT). You may be asked to complete some work outside of sessions, which is important to apply skills in real life.

You will not be expected to disclose any personal information about yourself.