

## Attending a group

You can meet other people who may be experiencing something similar. Often we can isolate ourselves or pretend we are fine around others (this can be exhausting). Attending a group treatment gives you the opportunity to be around others who know what stress, depression and anxiety is like and can make you feel less alone as well as help boost your confidence.

Some of us might not feel ready to open up too much about what's going on, or maybe we just don't know how to explain it. Being able to attend a course will mean that the pressure is not on you to talk about your problems in depth. If you attend an interactive course, you will be encouraged to participate in the discussions to get the most out of it, but you won't be asked to explore your problems in detail or share anything personal that you do not wish to.

"The workshop gave me the skills to cope with my anxiety and knowing that other people were going through the same thing really helped."

## Contact your local team to find out more.

| Central Lancashire       |               |
|--------------------------|---------------|
| Preston                  | 01772 773437  |
| West Lancashire          | 01695 684177  |
| Chorley and South Ribble | 01772 643168  |
| North Lancashire         |               |
| Lancaster and Morecambe  | 0300 555 0345 |
| Fylde and Wyre           | 01253 955943  |
| Pennine Lancashire       |               |
| Hyndburn                 | 01254 226007  |
| Rosendale                | 01282 657792  |
| Burnley                  | 01282 657268  |
| Pendle                   | 01282 657927  |
| Ribble Valley            | 01200 420499  |
| Blackburn and Darwen     | 01254 226037  |
| South Cumbria            |               |
| South Cumbria            | 0300 555 0345 |

For more information contact your local team or visit our website for more information [www.lscft.nhs.uk/talkingtherapies](http://www.lscft.nhs.uk/talkingtherapies)

Scan QR code to get more information



## Patient Advice and Liaison Service (PALS)

If you have some concerns, questions or need advice on our services, you can contact the Patient Advice and Liaison Service (PALS) on **0800 234 6088** or email [PALS@lscft.nhs.uk](mailto:PALS@lscft.nhs.uk)

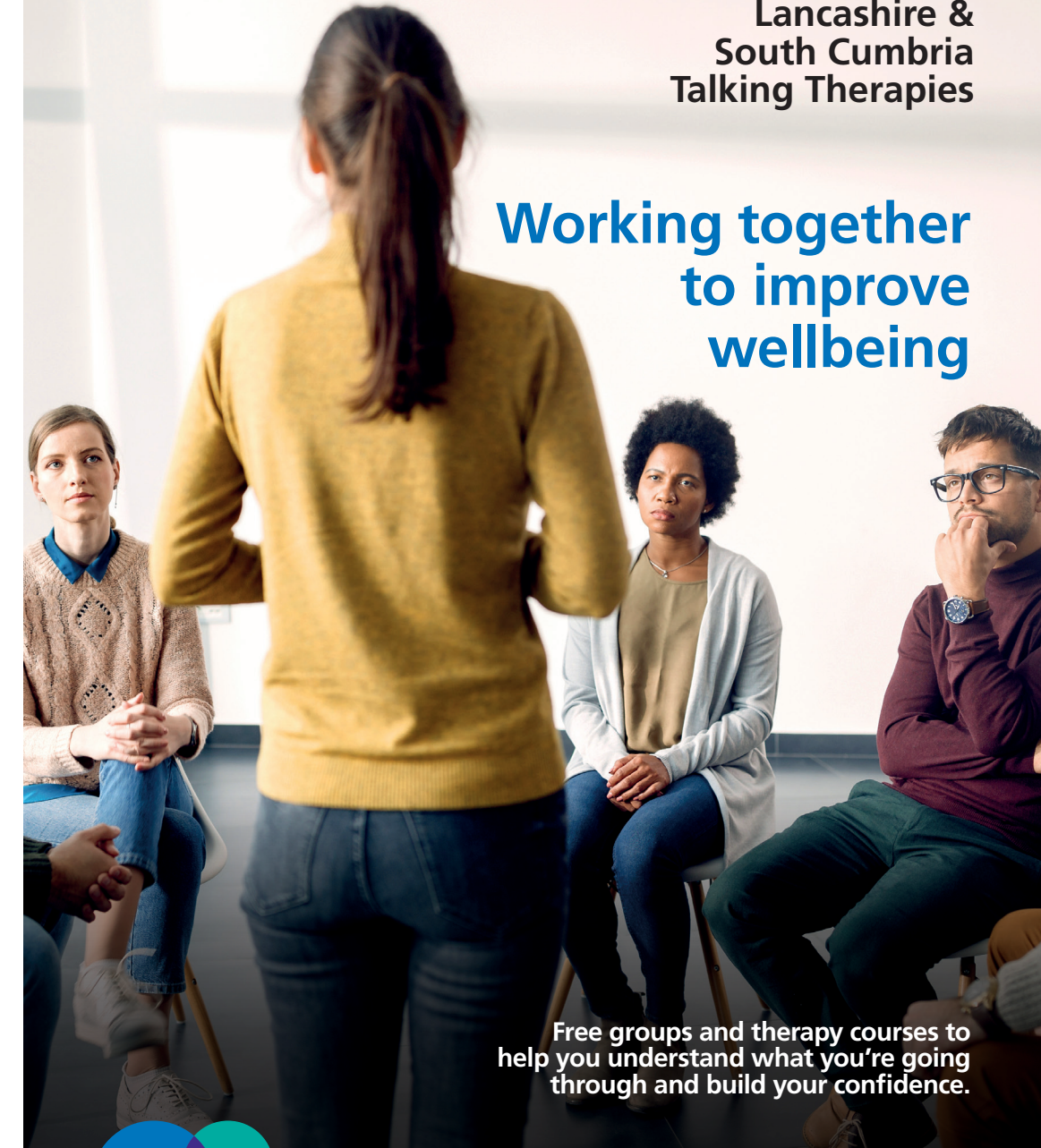
Feeling low and need someone to talk to?  
Call **0800 915 4640**  
Monday to Friday 7pm - 11pm  
Saturday to Sunday 12pm - Midnight



**Need urgent help?**  
Call **0800 953 0110**  
24 hours a day,  
7 days a week

**NHS**  
Lancashire &  
South Cumbria  
Talking Therapies

Working together  
to improve  
wellbeing



Free groups and therapy courses to help you understand what you're going through and build your confidence.



for anxiety and depression

Service provided by Lancashire and South Cumbria NHS Foundation Trust

This leaflet is available in alternative languages and formats upon request.  
Please speak to a member of our staff to arrange this.



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# We offer a range of free courses and groups...

To help you understand what you are going through...

## Courses

We offer a range of free groups and therapy courses to help you understand what you're going through and build your confidence. Contact your local team to find out more.

### Stress control

A six-week course teaching you how to reduce common stress-related problems including: anxiety and worry, low mood, panic, poor sleep and loss of confidence. We combine stress management with mindfulness and positive psychology strategies to boost wellbeing.

Each session looks at a different aspect of stress and links themes together to help you become your own therapist. You won't be asked to talk in front of other people. This allows people who feel uncomfortable talking in front of others to attend without any concerns.

### Wellbeing workshop

This is very similar to the stress control course, however this group is more interactive. A six-week group workshop focussing on stress, anxiety, depression, challenging your thoughts, self-esteem and assertiveness. It also covers sleep and relapse prevention.

The group is interactive but not group therapy. It offers a great chance to speak to others who may be experiencing similar problems but you don't have to share personal information.

### Understanding trauma workshop

A four-week workshop giving knowledge and understanding of trauma and how trauma affects us. You will gain information and advice on signs, symptoms and techniques, and strategies and resources to help you.

**Please note you will not be asked to share anything about the traumas you have experienced.**

### Goal difference

Goal difference is an eight week interactive peer support, self development group. We can help you better understand common problems and learn self-management strategies. You will learn how to think more positively, improve your mood and manage your anxiety.

You will benefit from peer support and additional support via a supporters club after the course has been completed.

### How to be me again

This course is aimed at people with a persistent long-term condition causing them mental distress. Giving them a psychological toolkit to reduce stress, anxiety and low mood.

### Overcome your fears

An eight week interactive group with an opportunity for a one to one follow up session, this course offers the benefit of having support and encouragement from other members, and sharing helpful coping techniques.

The course is helpful for people who have symptoms of generalised anxiety disorder (GAD), obsessive compulsive disorder (OCD), phobias, social anxiety, health anxiety and who are motivated to change.

### Sleep group

The sleep group is an eight week course based on cognitive behavioural therapy (CBT) for sleep. This group will teach you how to identify your barriers to balanced and efficient sleep. You will learn coping strategies to improve your sleep patterns and how to maintain progress.

**One-to-one therapy is also available, please visit our website**



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