

# Overcoming Depression



for anxiety and depression

Service provided by East London NHS Foundation Trust

# Helping You to Overcome Depression

The '*Overcoming Depression*' programme consists of 10 weekly group therapy sessions aimed at providing participants the opportunity to learn more about depression and how Cognitive Behavioural Therapy (CBT) can be implemented to assist in reducing the impact of associated symptoms.

## What does it cover?

Each of the sessions has been tailored to build on the last, improving your use of CBT techniques to better manage common symptoms of depression as well as associated areas of impact and covers the following topics –

- Introduction to depression, CBT and goal setting
- Activity scheduling
- Thought challenging and recognising unhelpful thinking patterns
- Modifying unhelpful rules, assumptions and core beliefs
- Practicing self-compassion and mindfulness
- Maintaining progress and relapse prevention

## Would it benefit me?

The content for the programme has been designed to suit a wide range of people, some of whom may have little to no prior experience of psychological treatment. It aims to provide easy-to-digest information and evidence-based strategies that can be implemented immediately, providing support right from the get-go.



### **How are sessions conducted?**

Sessions are conducted remotely via use of Microsoft Teams and a link to attend all meetings will be provided ahead of each session. For this reason, participants will need access to a laptop, tablet or smartphone, an email address and MS Teams to access these sessions.



### **When are the sessions held?**

Sessions are 2-hours duration, taking place on a set date and time each week and programmes generally run for 10 consecutive weeks. Please contact the service directly for details of group availability or if you need to inform us that you are unable to attend your group sessions.

### **What if I find group therapy is not for me?**

Different things work for different people and group-based support will not be for everyone. For this reason, if you decide that this approach does not resonate with you or fit in with your current lifestyle/situation, please let us know and you will be assisted in exploring alternative options which may be more suitable for you.



We hope to see you soon!



### Bedfordshire NHS Talking Therapies Service

**Address:** Gilbert Hitchcock House, Bedford Health Village, 21 Kimbolton Road, Bedford, MK40 2AW

**Tel:** 01234 880400

**Email:** [elt-tr.bedfordIAPT@nhs.net](mailto:elt-tr.bedfordIAPT@nhs.net)



### NEED URGENT HELP?

Our service is not staffed to be able to provide urgent help. If you feel you are in crisis, you can make an urgent appointment with your GP to discuss options on how to get the support you need quickly. Alternatively, you can call the 24hr Mental Health Crisis Support Team (for all ages 24/7) on NHS 111 and select option 2. At all times, you can also call the Samaritans on 116 123, or attend your local hospital Accident & Emergency.

