

# Worry Management Course



**for anxiety and depression**

**Service provided by East London NHS Foundation Trust**

# Your First Steps in Managing Worry

The *'Worry Management'* course consists of 5 weekly group-based sessions aimed at providing participants the opportunity to learn new tools and techniques based on Cognitive Behavioural Therapy (CBT) to assist in managing worry-based anxiety and reducing the impact of associated symptoms.

## What does it cover?

Each of the sessions introduces something different, helping you to create a 'toolkit' of techniques that you can implement during and following the course to assist in better managing the symptoms and associated impact of low mood. Topics covered include –

- An introduction to anxiety, CBT and setting goals
- Building an awareness of the different types of worry and learning how to relax
- How to deal with hypothetical worries which are out of your control
- Learning how to deal with more practical worries and tips to improve your sleep
- Maintaining progress and preventing relapse

## Would it benefit me?

The content of the course has been designed specifically to suit people who may have little to no prior experience of psychological treatment and 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 sessions. 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 courses generally run for 5 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

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### 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.

