

What is the 'New Beginnings' Mental Health Course?

[Information Leaflet for people who live in Islington]

The New Beginnings Mental Health Course is a FREE self-management course made up of 7 weekly sessions each lasting 2 hours 30mins and is aimed at people living with, or in recovery from, a mental health problem. The maximum number of people attending each course is 12. The course introduces many topics and activities to enable you to manage and adapt to the problems you may encounter in daily living.

The course is run by trained facilitators who have experience and an understanding of mental health conditions.

Who can take part?

Anyone who feels they are at a stage where they could benefit from incorporating self-management skills to aid recovery from a mental health condition.

Topics covered in the course include:

- Problem solving and action planning
- Confidence building paced to individual requirements
- Anxiety and depression management
- Triggers and relapse symptom awareness
- Positive thinking
- Relaxation techniques
- Set-back strategies and reinterpreting beliefs
- Healthy lifestyle
- Communicating with family, friends and professionals
- Planning for the future

How has the course helped other people?

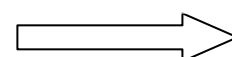
Previous participants of the course have reported that it has helped them to:

- Feel more confident and in control of their life
- Feel less stigmatised or socially excluded
- Learn to be realistic when trying to achieve personal goals
- Use new skills and knowledge to improve their quality of life
- Form new friendships reducing isolation
- Change their thinking about mental health
- Learn new skills, meet new friends, and increase your confidence.

Don't let a mental health condition rule your life. This group approach is friendly, informal and motivating.

Making that first step is often the hardest. Each person attending will have the same worries and concerns as you. Each new group consists of ALL new participants – so we are all first timers. Turn over to find out how to get in contact:

More information overleaf



By taking part in a 'New Beginnings' Mental Health Course you will:

- Develop the confidence to take more control of your life
- Learn simple but effective skills to aid everyday living
- Meet others who have shared similar experiences
- Plan ahead so that you can deal effectively with any blips or future problems
- Learn about developing more effective relationships with healthcare professionals
- Reach your own personal goals

How do I enrol or find out more?

To enrol or find out more contact:

Tel: 020 7527 1189

Email: whh.tr-self-management@nhs.net

Address: Whittington Health, 1st Floor Partnership Primary Care Centre, 331 Camden Road, London N7 0SL

We'll be happy to have a chat with you and talk through any questions or concerns you might have.