

## Managing Your Mood Skills Groups for Adults

**Gordon and Seaforth 2024**

*Are you struggling with distressing feelings and thoughts?*

*Are you experiencing symptoms of anxiety and depression?*

*Do you want to learn skills and strategies to more effectively manage your feelings and your relationships?*

Lifeline is offering 16-week psychological skills groups which will cover the following key components:

- ⊗ **Mindfulness skills** – to stay focused on the present moment
- ⊗ **Emotion Regulation skills** – to deal with intense negative emotions and develop emotional coping strategies
- ⊗ **Distress Tolerance skills** – to effectively deal with painful emotions and situations
- ⊗ **Interpersonal Effectiveness skills** – for assertive communication and building relationships



**Who can attend?** If you live, work or study in Northern Sydney or the Northern Beaches and have mild to moderate mental health issues, you may be eligible to attend.

**Before a place in the group can be confirmed you must have a PHN Mental Health Triage referral from your doctor AND a copy of your Mental Health Treatment Plan, submitted to the PHN for processing.**

(Form found here: <https://sydneynorthhealthnetwork.org.au/mentalhealthtriage/> )

**How much does the group cost?** FREE with the appropriate referral.

**For enquiries:** please contact LifelineH2HS Group Services on **8287 1158** or [groupservices@lifelineh2h.org.au](mailto:groupservices@lifelineh2h.org.au)

### **2024 Skills Group Dates**

#### **Adult Groups (18+ years)**

Monday 9:30-11:30am, 4 Mar – 1 July, at Lifeline Harbour to Hawkesbury, **Gordon**

Monday 9:30-11:30am, 4 Mar – 1 July, at **Seaforth** Village Community Centre