

## Where and When....

This course is once a week for the duration of the course in the Newport Mind training room. Each session lasts 2 hours and includes a short break.

## How to Enrol....

This course is for people who live in Newport and have problems with their mental health.

To enrol on a course please contact Newport Mind to make a referral.

## How to Find Out More....

For more information please contact Newport Mind.

## Our Commitment

Newport Mind is committed to providing a quality, customer based service which has strong consistent values, has high standards of service delivery, is run in a robust way in line with the needs of the community and adheres to Mind's Quality Management in Mind Standards. We are committed to achieving equal opportunities in the services we provide.



## Where We Are

Newport Mind  
2nd floor  
100-101 Commercial St  
Newport  
NP20 1LU



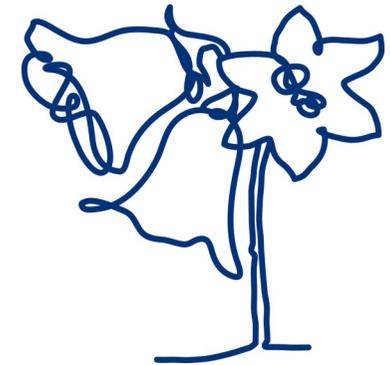
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# Depression Management

A training course to give participants the knowledge, skills and tools to better manage depression and low mood



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Registered No. 2916027.  
Registered in Wales. Limited by Guarantee.

## About Us

Newport Mind is a mental health charity. We believe no one should have to face a mental health problem alone. We're here for you. Today. Now.

Whether you're stressed, depressed or in crisis. We'll listen, give support and advice, and fight your corner.

We provide support to empower anyone experiencing a mental health problem. People who use our service are encouraged to be involved in planning and their feedback helps to develop the service.

**For more information about how we can support you please contact Newport Mind.**



## Depression Management

This 8 week course addresses all the common challenges faced during times of low mood. The aim is to help you to make changes to your life in a planned and achievable way. Each session will build on the previous ones with exercises given at the end of each session for the group to reflect upon the following week. In this way, each person is encouraged to put these learned skills into practice.

The therapeutic group is a useful method of enabling you to manage your condition. Peer support plays a large role in helping the individual to achieve and maintain good mental health.

What the individual will learn on this course:

- Symptoms of depression and discovering why you feel as you do
- Developing relaxation techniques
- About unhelpful & positive thinking
- Dealing with worry
- Taking part in life and activities
- Developing problem solving skills
- Communication and assertiveness skills
- Leading a healthy life style
- Discovering how to sleep better
- Planning for the future

## Recovery & Beyond Courses

These courses are designed to address all the common challenges faced by many people on a day-to-day basis. The aim is to help participants within a group format make changes to their lives in a planned and achievable way.

With each course, sessions build on the previous one with exercises given at the end for the participants/group to reflect upon the following week. In this way, each person is encouraged to put the learned skills into practice whilst being accountable, not only to themselves but also to the rest of the group.

Each person remains in control and is responsible for themselves at all times. The group format is a useful method of enabling people in managing their condition/problem. Peer support plays a large role in helping participants to achieve and maintain good mental health. Group members may also choose to attend a Wellbeing or Activity Group after the course has ended, or even whilst it is still taking place.

The courses available are:

- Understanding Anger
- Depression Management
- Anxiety Management
- Confidence Building
- Improving Your Wellbeing
- Problem Solving