



Mental Health Support Team  
ELCAS | East Lancashire Child and Adolescent Services

# Activate

## Low mood group

Understanding low mood and how to fight back



### Sessions will cover:

- Understanding low mood
- Learning individual cycles of low mood
- Goals, activities, and values
- Step by step activity planning
- Challenging negative thoughts
- Toolkit of strategies to continue progress.

Group sessions for 2 hours  
over 6 weeks

**All sessions are confidential within the group,  
you can share as much or as little as you are  
comfortable with.**

"The work we did in the group  
and the explaining of things  
were understandable,  
Practitioners were really caring  
and respectful."

*15 yr F attended group 2023*

"They listened to us and made  
us feel better when we spoke."

*14 yr F attended group 2023*

### **Who is this group for?**

For Young People (aged: 11-  
18 years) who are feeling  
down, or hopeless, this may  
feel like:

A negative view of yourself

Little interest or enjoyment

Tired, no energy

Trouble concentrating

Sleep difficulties

Irritability

# TALK, LISTEN, SHARE

# My Anxious Child

Parent Led Group  
for parents of children up to the age of 14 years



Group sessions for 1 hour  
over 6 weeks

Sessions will cover:

- Understanding what worry looks like in your child.
- Awareness of the fight, flight, freeze.
- Learning about worry and recognising how and when to support your child.
  - Problem solving and developing strategies to help your child coping with uncertainty.
- Developing a toolkit of strategies

It normalised so much of what we experience with our children. It was good to share ideas and work out strategies that can help each other. We started out strangers, now we are supportive friends.

*mum of 8 yr old - attended group 2023*

"It was unexpectedly rewarding"

*mum of 6 yr old attended group 2023*

We recommend you read the book "Helping your Child with Fears and Worries: Cathy Creswell" as an additional support to the intervention.

The main purpose of sessions is to tailor this information to the individual child.

Parents will have the opportunity to put the session learning into practice with their child between sessions.



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## TALK, LISTEN, SHARE

**NHS**  
East Lancashire Hospitals  
NHS Trust  
A University Teaching Trust

version 1  
27.10.23



# Supporting your child with exam stress. Online parent / carer workshops

Join us on Microsoft Teams by  
adding the ID and passcode of your  
chosen webinar.

Microsoft Teams by accessed by scanning the  
barcode below or going to

<https://www.microsoft.com/en-gb/microsoft-teams/join-a-meeting>



Thu. 23rd Nov. 5.30-6pm  
Meeting ID: 323 833 785 958  
Passcode: N3ay5c

Fri. 24th Nov. 12-12.30pm  
Meeting ID: 380 548 116 02  
Passcode: ScbEjw

Thu. 30th Nov 5.30-6pm  
Meeting ID: 379 278 138 820  
Passcode: GaPwTM

Fri. 1st Dec. 12-12:30pm  
Meeting ID: 345 925 265 303  
Passcode: twsKDd

Thu. 7th Dec. 5.30-6pm  
Meeting ID: 378 007 937 764  
Passcode: MbGbyr

Fri. 8th Dec 12-12.30pm  
Meeting ID: 314 995 214 163  
Passcode: fh2r9L

Thu. 14th Dec. 5.30-6pm  
Meeting ID: 340 651 776 864  
Passcode: BaGGa3

Fri. 15th Dec 12-12.30pm  
Meeting ID: 353 337 376 466  
Passcode: DUUxrv



# Positive people



## Social worry group

Understanding social worry and how to fight back



Group sessions for 2 hours  
over 6 weeks

Sessions will cover:

- Understanding how worry in social situations affects us for example, physical symptoms, changes in behaviour and thoughts.
- Learning about your cycle of worry in social situations and develop a plan to changes this.
- Learning about behaviours and how this can maintain your worry.
- Toolkit of strategies and summary of learning.

**All sessions are confidential within the group, you can share as much or as little as you are comfortable with.**

“The group explained things well and made them understandable.”

*13 yr old M - attended group 2023*

“Practitioners were really caring and respectful.”

*13 yr F attended group 2023*

### Who is this group for?

For young people aged 11 -18 years old  
Do you fear or worry about one or more social situations?

Fear that you will act or show you are worried or anxious.

Fear you will be judged negatively.

Worry in social situations; you may cry, freeze, fail to speak.

Avoid social situations or have intense fear or worry.

Fear is out of proportion.

Fear or worry that causes upset and stops you being able to do what you would like to do.



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# Reframe

Worry management group  
Understanding worry and how to fight back



Group sessions for 1 hour  
over 6 weeks

Sessions will cover:

- Understanding how worry affects us.
- Understanding fight, flight, freeze.
- Recognising different types of worry
- Problem solving
- Coping with uncertainty
- Toolkit of strategies

All sessions are confidential within the group, you can share as much or as little as you are comfortable with.

"I feel confident that I can use what I have been shown to effectively help me when I worry."

*13 yr old m - attended group 2023*

"Listened to me and actually took my problems seriously"

*13 yr F attended group 2023*

Who is this group for?  
For Young People aged 11-18 years old, who are experiencing worry thoughts and anxiety about life such as exams, family, future.



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