



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*

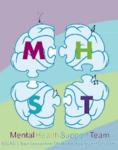
"It was unexpectedly rewarding"

mum of 6 yr old attended group 2023

TALK, LISTEN, SHARE

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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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 what you would like to do.

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TALK, LISTEN, SHARE



Reframe

Worry management group Understanding worry and how to fight back



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

Group sessions for 1 hour over 6 weeks

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

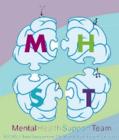
"I feel confident that I can use what i have been shown to effectively help me when i worry." 13 yr old m - attended group 2023

"Listened to me and actually took my problems seriously"

13 yr F attended group 2023

TALK, LISTEN, SHARE

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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