



South West
Yorkshire Partnership
NHS Foundation Trust

SELF-MANAGEMENT COURSE



Are you over 65 and
struggling with
feelings of depression
or anxiety?

OVER 65'S MANAGING DEPRESSION AND ANXIETY COURSE



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TALKING THERAPIES**

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OVER 65'S MANAGING DEPRESSION AND ANXIETY COURSE

Our Over 65's Managing Depression and Anxiety course is a group intervention that teaches skills to manage anxiety and depression.

It offers strategies for handling challenges, improving coping methods, and managing negative symptoms.

Research suggests that group interventions are effective for mental health problems. They provide a space to share and listen to experiences while helping you develop positive coping skills to use outside the group.

What to expect in the sessions

Typically, 6-12 people attend the course, which runs weekly for 2 hours (with a break) over 8 sessions. The same participants attend consistently, allowing relationships to form.

The programme is facilitated by a therapist from Turning Point Talking Therapies and a Psychologist from the Older People Service.

Sessions cover

- An Introduction to Depression & Anxiety
- How We Can Learn Self-Compassion
- Living in Line With Our Values
- Challenging Old Mind Habits

Who will benefit

Attending the course offers several benefits. Alongside learning new skills and gaining a better understanding of your mental health, a major advantage is the opportunity to connect with other group members. This helps build a support network with people who have had similar experiences and can relate to each other's challenges.

Benefits of group therapy

The community aspect of group therapy fosters social connection and aims to reduce social isolation, which can worsen symptoms of depression and anxiety. However, you will never be asked to share anything you are not comfortable discussing.

Feedback from a client:



"I found the group very helpful and feel so much better with my mood and anxiety. I have found that being more open about my mental health has had a positive effect. I now feel 'lighter' and am finding the joy in life again"