

IAPT Improving Wellbeing Sessions

Understanding and improving how you feel

- Sessions run on Tuesdays from 10 am – 12.30 pm
- 5 weekly sessions delivered in Arabic and English

Please keep this sheet for your information

We offer **sessions** to people who currently experience feelings of **stress, depression or anxiety**.

What to expect:

- help you to understand more about anxiety, stress and depression
- teach you helpful strategies to manage stress such as relaxation
- show you how to manage worrying thoughts
- encourage you to increase your social and physical activities to improve your mood
- use problem solving technique to teach you how to deal with practical problems
- explain how you can improve your sleep
- discuss other options that may be helpful

During these sessions we will ask you to complete a questionnaire to monitor how you are feeling. The information from these sessions will be stored confidentially within the NHS

Unfortunately we will not be able help you with the following problems:

- prescribing medication
- providing letters for benefit agencies
- filling in forms
- advising on benefits
- Female adults only course, children are not allowed in the sessions.

Evidence shows that many people find these sessions very helpful and do recover from depression and anxiety. It is important that you:

- attend all sessions **on time** to get the most benefit
- are willing to make changes to feel better
- behave with respect for the facilitators and participants

Interpreters are provided by NHS

Improving Access to Psychological Therapies (IAPT)

Improving Wellbeing Sessions

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Please complete the online booking form at: www.sheffielddiapt.shsc.nhs.uk or complete and hand in at your GP surgery.

Or ring Tel: 0114 2264380

Application Form

If you are interested in attending these sessions, please provide your contact details below:

Full Name	
Full Address	
Telephone	
Date of birth	
GP surgery	
How did you hear about this course?	