

Free Online Course

HEALTH AND WELLBEING

Physical and psychological wellbeing support for people with long term health conditions



- Six session course lasting 60 minutes each week
- Combines Cognitive Behavioural Therapy (CBT), Positive Psychology and Mindfulness
- Not interactive - no discussion of personal problems
- Aims to teach new coping strategies and skills and tools
- Associated worksheets available to reinforce what has been taught
- Available by recording for 72 hours

Scan here to
visit our website

30 min introduction session on Friday 5th July at 1pm
Followed by 6-week online course, 60 min sessions 1pm – 2pm
Dates: Friday 12th, 19th, 26th July, 2nd, 9th 16th August
A personalised link will be emailed to you, recording accessible for 72 hours.



Our service can help you manage a range of common mental health problems, learn skills to help you overcome difficulties and find helpful ways to cope through a range of different therapeutic interventions.

We can also provide information about local services that you may benefit from.

To self-refer, please call: **01253 955700** (Monday–Friday 9am–5pm)

or email: **bfwh.talkingtherapies@nhs.net**

www.blackpoolteachinghospitals.nhs.uk/services/talking-therapies



Blackpool Talking Therapies is not able to provide reports for compensation, legal or benefits claims or prescribe medication. We do not offer 24-hour or weekend access, crisis or emergency treatment, treatment for alcohol or drug problems or treatment for severe and enduring mental illness.

Please discuss these needs with your GP.



for anxiety and depression

Service provided by Blackpool Teaching Hospitals NHS Foundation Trust