



## Free Online Course: MASTERING STRESS

- ✓ Combines Cognitive Behavioural Therapy (CBT), Positive Psychology & Mindfulness
- ✓ Not interactive - no discussion of personal problems
- ✓ Aims to teach new coping strategies and skills
- ✓ Associated worksheets available

### Steps to Wellness



*30min Introduction session on Monday 17<sup>th</sup> June at 1pm*

**Followed by 6-week online course, 90min sessions 1pm-2.30pm**

**Dates: Monday 24<sup>th</sup> June, 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> 29<sup>th</sup> July**

A personalised link will be emailed to you, recordings accessible for 72hours



Scan here to visit  
our website

**AVAILABLE TO PEOPLE WHO LIVE, WORK AND  
STUDY IN BLACKPOOL, LANCASHIRE OR SOUTH  
CUMBRIA**

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

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

**[www.blackpoolteachinghospitals.nhs.uk/services/talking-therapies](http://www.blackpoolteachinghospitals.nhs.uk/services/talking-therapies)**

**f Blackpool 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