

WHERE AND WHEN:

The 8-week groups are free and are held on Wednesday mornings from 9.30am until 12noon.

The starting date for the next group is:

Wednesday, 16th October, 2019

(To gain the most benefit, participants need to attend all eight sessions of the group programme)

Inner South Community

Mental Health

G P Plus, Marion



Government
of South Australia

SA Health

GP plus
Health Care
Centre



Lifting the Cloud

For more information

please contact

Krystyna or Katherine

Ph: 7425 8500

Fax: 7425 8257

AN 8-WEEK GROUP USING

MINDFULNESS AND

COGNITIVE BEHAVIOURAL

APPROACHES FOR THE

TREATMENT OF DEPRESSION

AND/OR ANXIETY

Depression and anxiety are extremely common and affect many areas of a person's life.

COMMON SYMPTOMS OF ANXIETY MAY INCLUDE...

- Panic attacks
- Sensations of shortness of breath
- Fear of public places and social situations
- Intrusive, unwanted thoughts
- Difficulty concentrating
- Irritability

COMMON SYMPTOMS OF

DEPRESSION MAY INCLUDE...

- Lowering of mood for several weeks at a time
- Loss of pleasure in previously enjoyable activities
- Feelings of guilt, worthlessness and hopelessness
- Changes in sleep, appetite, energy and sexual interest
- Bleak thoughts about the future

and Mindfulness to assist participants to better understand and manage their symptoms.

'Lifting the Cloud'

is an 8-week group run by

clinical psychologists.

Our aim is to help participants to understand their symptoms and to teach them strategies for managing them.

Participants will be required to

attempt weekly homework and to practice the strategies learned.

TREATMENT

Recommended treatments are

pharmacotherapy and/or

various psychological

interventions. This group uses

Cognitive Behavioural Therapy