

## Depression Wellbeing 4 session workshop



**Learn new skills to overcome symptoms of low mood and depression**

**Workshops commencing: November 2014 in Nelson, Lancashire**

Recognise and overcome unhelpful thinking  
Plan activities to boost your mood  
Overcome sleep problems  
Goal setting and problem solving

### **How do I refer myself to the IAPT Service?**

Either by telephone on **01282 657 116** (Mon to Fri - 9am to 5pm)

or **fill in the self-referral form** and post it to us at the address on the  
back page

Go **online** to our Self-Referral form:

[www.lancashirecare.nhs.uk/Services/Adult-Mental-Health/IAPT/IAPT-Self-Referral](http://www.lancashirecare.nhs.uk/Services/Adult-Mental-Health/IAPT/IAPT-Self-Referral)

**Your referral will be reviewed and you will be sent an  
appointment for a telephone assessment**