

Postnatal Anxiety Management Course

The aim of this 5-week course is to teach you about ways of coping with stressful situations and how to reduce the feelings of anxiety, depression and anger that are produced by problems in life. The course will teach ways of controlling negative thoughts, tools to aid communication and assertiveness and also looks at practical ways of building self-confidence. It is specifically aimed at new mums and the material is tailored to common difficulties experienced at this time.

Please Note:

- The course will be run by an Assistant Psychologist and a Health Visitor from the venue.
- These are taught courses though there will be some group discussion. **People don't have to talk** and will be free to decide themselves how much or how little they want to take part in discussion.
- A **free crèche** will be provided.
- The courses are **free of charge**, although a small donation for refreshments would be appreciated.
- We will give you a place on the course when we receive your slip. Due to admin costs, **we will not contact you to confirm your place. Please just come along.**

If you have queries about directions, parking or disabled facilities or any other questions please call **Liz or Aneet** at the office on **0845 6039448** or email us: l.mccarthy-young@nhs.net or Aneet.Sehmi@nhs.net.

IMPORTANT - PLEASE KEEP FOR YOUR REFERENCE

Starting on..Thursday 14 February 2008.

Time...1.00pm until 3.00pm.

Held at....Westbury Hospital in the Maurice Jones Room.

SEND SLIP TO: PNA Course Information
West Wilts Primary Care Mental Health Team
Westbury Hospital
Westbury
BA13 3EL

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I would like to attend (Please specify one course only)

Starting on (please specify start date).....

Held at (please specify venue/location).....

Full Name.....DOB.....

Address.....

.....Postcode.....

Tel. No.....G.P. & Surgery.....

Referred by/How did you hear about this course?.....

For health professional use only:

Please tick if your client requires a pre-course 1-1 session.

If you are happy for us to text you a reminder for this course please tick & include your mobile number

For health professional use only:

Please tick if your client requires a pre-course 1-1 session.