



Lifting Your Mood

What is the course?

This is a 12 session course aimed at people who experience depression.

Key features of depression:

- feeling sad or depressed a lot of the time
- a loss of interest or pleasure in things that you used to enjoy
- Poor Sleep
- Feeling worthless and/or guilty
- Poor concentration or motivation

What is CBT?

Cognitive Behavioural Therapy involves understanding the link between how we feel, what we are thinking, and how we behave, in certain situations.

CBT is a practical therapy that involves learning about depression, and making changes to what we do and how we think, in order to feel better.

Frequently Asked Questions

How many other people will be there?

We usually have between 6-12 people attending the course.

What if I feel too anxious to turn my webcam on or speak?

We understand that the thought of a course can be very anxiety provoking. We would always encourage people to switch their webcam on and speak if they feel able to, as the strength of the course is in building a shared understanding of depression symptoms and trying out and reviewing different skills together. You may wish to build up to switching on your webcam as the first session progresses, just let the group facilitator know at the start.

What if I can't make a session?

Please call 0300 790 0542 or email dhc.bc.s2w@nhs.net as soon as possible to let us know.

Session Topics

- Understanding depression and how CBT can help.
- Looking after yourself.
- The link between mood and activity.
- Activity Scheduling and Problem Solving
- Identifying and challenging unhelpful thinking.
- Recognising and identifying underlying beliefs and assumptions



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