




Community and Mental Health Services

Skills for Wellbeing Course

Session 6

- Looking after yourself in the future





Community and Mental Health Services

Ground Rules

- Please click on the zoom link ten minutes before the session starts.
- Attend all the sessions, if you can't please let us know.
- Phones on silent, to minimise disruption, take calls outside of the room if necessary. Please switch camera off if needed to minimise disruption.
- Respect confidentiality. For the privacy of yourself and others, please DO NOT record, video, screen shot or photograph anything or anyone (visual or audible) during the sessions.
- Treat each other with dignity and respect. Allow others opportunity to talk/feedback.
- The therapist will mute all participants during the session but there will be opportunities to ask questions at specific times. You do NOT have to speak out.
- Do not attend sessions under the influence of drugs and alcohol.
- Be mindful, this is not group counselling.
- If your video connection fails during the session, we advise that you attempt to re-access the session by clicking on the zoom link again and if this is not successful, we advise you telephone our team to inform us by calling **0151 228 2300**.





Community and Mental Health Services

Confidentiality and Risk

- We will keep your involvement with Talk Liverpool confidential unless we identify a risk issue.
- Your GP will be updated at key points – this might be at the end of the course, or if anything changes as sessions go forward.
- We have a legal obligation to try and keep people safe at all times.
- If we are concerned for your safety or the safety of others, we may discuss your situation with a GP, social services or Police.





Community and Mental Health Services

Safety Plan

Where to go, who and how to contact if you need help:

- Contact your **GP** and ask for an emergency appointment.
- Call **111** if you are in need of urgent medical help or advice but it's not an emergency or life-threatening situation.
- For **Urgent mental health support** during the Coronavirus crisis please ring 0151 296 7200 or by Freephone on 0800 145 6570.
- If your life or someone else's life is in immediate danger, **CALL 999**.
- **Samaritans** are available 24 hours a day, 7 days a week. Tel - 116 123 email – jo@samaritans.org

Again, if you are concerned about anything related to your safety you can also speak to one of the facilitators at the end of the session.






Community and Mental Health Services

Course Contents

- Week 1 – Introduction to the course and CBT, Goal Setting and Relaxation Techniques
- Week 2 – Introduction to Depression and Strategies to Manage Low Mood
- Week 3 – Introduction to Anxiety and Worry Management Strategies
- Week 4 – Addressing Unhelpful Depressive Thoughts and Thought Challenging
- Week 5 – Understanding and Dealing with Panic. Tips for Sleep.
- Week 6 – Looking After Yourself in the Future and Next Steps





Community and Mental Health Services

Today's session

- Recap last week
- Review course
- Review goals
- Tips for staying well





Community and Mental Health Services

Review of last week

- How did you get on with exposure?
- Any feedback?





Community and Mental Health Services

Recap of the course so far...

- Week 1 – Introduction to the course and CBT, Goal Setting and Relaxation Techniques
- Week 2 – Introduction to Depression and Strategies to Manage Low Mood
- Week 3 – Introduction to Anxiety and Worry Management Strategies
- Week 4 – Addressing Unhelpful Depressive Thoughts and Thought Challenging
- Week 5 – Understanding and Dealing with Panic. Tips for Sleep
- Week 6 – Looking After Yourself in the Future and Next Steps



Talk Liverpool

Any questions about previous sessions?

NHS
Mersey Care
NHS Foundation Trust
Community and Mental Health Services




Talk Liverpool

Congratulations 😊

NHS
Mersey Care
NHS Foundation Trust
Community and Mental Health Services

You have almost completed the Skills for Wellbeing course and are hopefully noticing a positive difference.

The next step is to keep the progress going and dealing with any difficulties you may face in the future.



Talk Liverpool

In Session Task 1 – Review Goals

NHS
Mersey Care
NHS Foundation Trust
Community and Mental Health Services

- How have you progressed with the goals you set yourself in session 2? (refer to Page 8 to remind yourself of goals set)
- What do you still need to do?
- What skills would be helpful to continue with in order to achieve your goals?
- What new goal would you like to set yourself moving forward? .



Talk Liverpool

Your Progress

NHS
Mersey Care
NHS Foundation Trust
Community and Mental Health Services




Talk Liverpool

NHS
Mersey Care
NHS Foundation Trust
Community and Mental Health Services

Lets have a break 😊



Talk Liverpool

Maintaining the Gains

NHS
Mersey Care
NHS Foundation Trust
Community and Mental Health Services




Talk Liverpool

What we hope you have learnt

NHS
Mersey Care
NHS Foundation Trust
Community and Mental Health Services

- You can identify symptoms of low mood and anxiety and know what maintains 'your cycle.'
- You are able to use the relaxation techniques and have a better sleep pattern.
- You feel more in control of your life as you started doing things that you previously avoided.
- You are able to deal with your worries better and challenge negative thoughts.
- You have made the first steps towards facing your fears and breaking the vicious cycle of panic.



Talk Liverpool

Maintaining progress

NHS
Mersey Care
NHS Foundation Trust
Community and Mental Health Services

You have worked hard to learn new skills and change your approach to low mood and anxiety.

The next step is to keep the progress going by dealing with any difficulties you may face.





Lapse



Community and Mental Health Services

- Brief return to feeling down or anxious
- Brief pause in your new behaviours
- Lasts a few days
- Normal for this to happen




A lapse is not a failure!



Community and Mental Health Services

It is normal to find our anxiety and low mood fluctuates and we should expect this.

If we lapse back into old ways of doing things it does not mean we have gone back to square one.

Be compassionate to yourself and start practising your new skills again!




Relapse



Community and Mental Health Services

- The unhelpful behaviours creep back over a longer period.
- Things start to feel out of control again.

A relapse is just a set back, not a **TOTAL FAILURE**.

This is part of learning to cope with anxiety and low mood long term.




Early Warning Signs



Community and Mental Health Services

Early warning signs or 'Red Flags' are an indication that could mean it is a good time to begin taking action with the techniques that have helped before.

They can be changes to our thoughts, behaviours, emotions or how we are feeling in our body.

Recognising the flags and taking action will help us reverse the vicious cycle and help us improve how we feel again.



Talk Liverpool **NHS** Mersey Care
NHS Foundation Trust
Community and Mental Health Services

What are your red flags?

Your vicious cycle from session one can help to identify some of your flags. Use Page 34 to note down your early warning signs / red flags and then consider how you can manage this.



Talk Liverpool **NHS** Mersey Care
NHS Foundation Trust
Community and Mental Health Services

Relapse Prevention Plan

- Identify your red flags.
- What do you need to work on?
- What skills do you need to implement?
- Review your progress.
- Identify any further support if needed.

Talk Liverpool **NHS** Mersey Care
NHS Foundation Trust
Community and Mental Health Services

5 Steps to Wellbeing



Talk Liverpool **NHS** Mersey Care
NHS Foundation Trust
Community and Mental Health Services

Keys to continuing success

- Be patient.
- Take small, gradual steps!
- Gradual, non-pressured, but consistent progress is the way to go.
- Recognise your improvements, small as they might be at first, and give yourself credit.
- Setbacks are unavoidable, so accept them as an integral part of the recovery process.
- Using this approach assures you of significant improvement on your way towards complete recovery.
- Remember, the past does not equal the future.

Talk Liverpool

Well Done

NHS
Mersey Care
NHS Foundation Trust
Community and Mental Health Services




Talk Liverpool

Next steps...

NHS
Mersey Care
NHS Foundation Trust
Community and Mental Health Services

Well done for completing the Wellbeing course 😊

Your course facilitators will now discuss sign posting information and/or your further treatment with our service.



Talk Liverpool

Recovery

NHS
Mersey Care
NHS Foundation Trust
Community and Mental Health Services

- In Talk Liverpool we are working with you to achieve recovery.
- One of the ways we have been measuring progress on the course is by reviewing your questionnaires each week.
- Recovery means when the PHQ 9 and GAD 7 scores drop below a certain threshold.
- Look over your scores.



Talk Liverpool

Recovery

NHS
Mersey Care
NHS Foundation Trust
Community and Mental Health Services

- If your PHQ-9 is 9 or less
&
- If your GAD-7 is 7 or less
- Then you have reached recovery 😊
- Therefore, we wouldn't recommend any further formal input from ourselves right now.





Recovery



Community and Mental Health Services

- Instead, we would look to discharge you back to your GP and encourage you to continue to go back over the materials/booklet and skills you have gained over the course.
- We also have contact information for other local services over the following slides should you wish to seek any further support from there.
- There are self-help guides on the Talk Liverpool Website - <https://www.talkliverpool.nhs.uk/self-help/>




Signposting



Community and Mental Health Services

Healthwatch Liverpool:

- Web: <http://www.healthwatchliverpool.co.uk>
- Tel: 0300 77 77 007
- Text / WhatsApp: 07842 552 878
- Email: enquiries@healthwatchliverpool.co.uk

Live Well Directory

- Web: <https://www.thelivewelldirectory.com//>




Signposting



Community and Mental Health Services

Life Rooms:

- Web: <http://www.liferooms.org/>
- Email: liferooms@merseycare.nhs.uk




Next Steps



Community and Mental Health Services

- If your PHQ-9 is 15 or less
&
- If your GAD-7 is 11 or less

- We will book you in for a follow-up call to discuss the next steps (please complete questionnaire prior to call).
- Please ensure you get yourself booked for a follow-up call before leaving the session today.



Talk Liverpool

Next Steps

NHS
Mersey Care
NHS Foundation Trust
Community and Mental Health Services

- If your PHQ-9 is over 15 and / or
- your GAD-7 score is over 11

- We will put you forward for some further therapeutic work. You will be added to the wait list and contacted when you have reached the top of the list.
- If you don't want anything further at this stage however please feel free to speak to one of us.



Talk Liverpool

Mersey Care
NHS Foundation Trust
Community and Mental Health Services

- Those in recovery and going ahead for further treatment without any questions are free to leave the session.
- If you have any questions or need a follow-up appointment booked, please come forward.



Talk Liverpool

Thank you and Well Done 😊

NHS
Mersey Care
NHS Foundation Trust
Community and Mental Health Services


