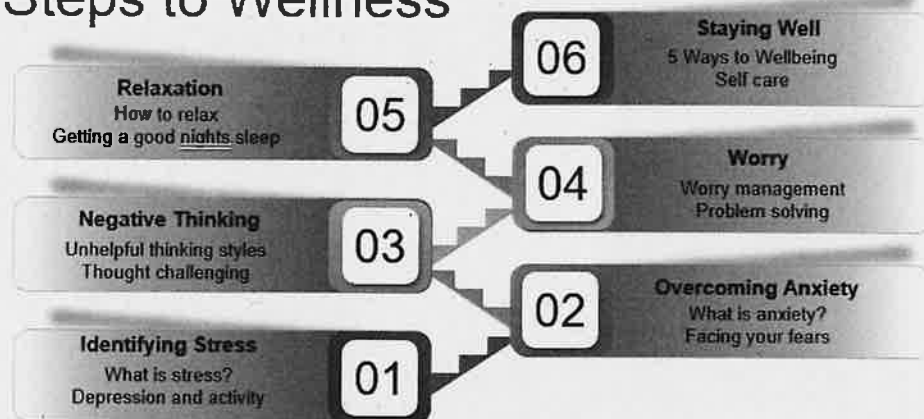


Free Online Course: **MASTERING STRESS**

- ✓ Combines Cognitive Behavioural Therapy (CBT), Positive Psychology & Mindfulness
- ✓ Not interactive - no discussion of personal problems
- ✓ Aims to teach new coping strategies and skills
- ✓ Associated worksheets available

Steps to Wellness



The course runs every month.

Starts with an initial 30 min Introduction session, followed by six weekly online sessions, lasting 90 minutes each.

If you are unable to attend the live session then you can watch a recording via an email link, accessible for 72 hours.

Check out our website and Facebook page for the next course dates



Scan here to visit
our website

**AVAILABLE TO PEOPLE WHO LIVE, WORK AND STUDY IN
BLACKPOOL, LANCASHIRE OR SOUTH CUMBRIA**

To self-refer, please call: **01253 955700** (Monday–Friday 9am–5pm)

or email: **bfwh.talkingtherapies@nhs.net**

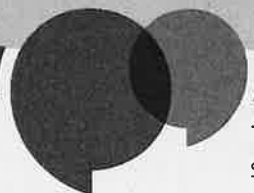
www.blackpoolteachinghospitals.nhs.uk/services/talking-therapies



Blackpool Talking Therapies

Blackpool Talking Therapies is not able to provide reports for compensation, legal or benefits claims or prescribe medication. We do not offer 24-hour or weekend access, crisis or emergency treatment, treatment for alcohol or drug problems or treatment for severe and enduring mental illness.

Please discuss these needs with your GP.



for anxiety and depression

Service provided by Blackpool Teaching Hospitals NHS Foundation Trust