

Mind Full, or Mindful?

**NHS**  
**Blackpool**  
**Talking Therapies**

**Free Online Course**

## **Mindfulness-Based Cognitive Therapy Course**

MBCT combines traditional cognitive behavioral therapy with mindfulness techniques and meditation. MBCT teaches you how to pay attention to the present moment, rather than habitually getting caught up in ruminating about the past or worrying about the future. MBCT enables you to learn to let go of the negative thoughts that can often precede increased stress, distress or a dip in mood.

This course is for complete beginners as well as for those who have had some experience of meditation or mindfulness. Like any skill, mindfulness takes time to practice, and it is highly recommended you set some time aside each day for daily home practice to be able to optimize new skills. You will be given links to online guided meditations to support your daily practice.

**Available to people who live, work and study in  
Blackpool, Lancashire or South Cumbria**

**All recordings available for 72 hours after the live event**



Scan here to  
visit our website

The 8-week course lasts for 2 hours.

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

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

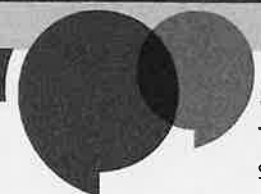
or email: **[bfnh.talkingtherapies@nhs.net](mailto:bfnh.talkingtherapies@nhs.net)**

**[www.blackpoolteachinghospitals.nhs.uk/services/talking-therapies](http://www.blackpoolteachinghospitals.nhs.uk/services/talking-therapies)**

**f 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