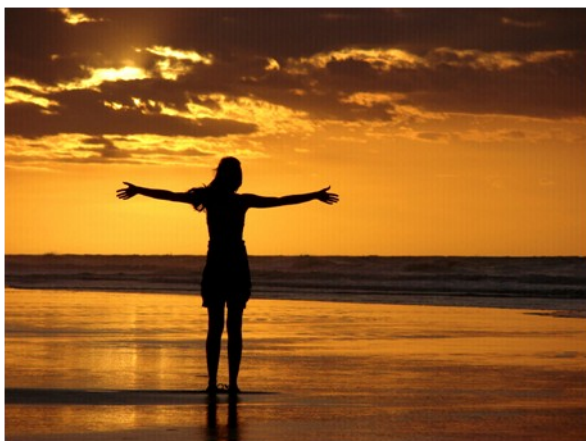


Coming along to the group for the first time or meeting new people can be nerve wracking.

Although the first step can be very difficult to make people are usually glad they did.

Please be assured that when you come along we will make you feel welcome and will help put you at ease.



To register your interest and for more information please contact either:

### **Health All Round**

24 Westfield Avenue,  
Edinburgh EH11 2QH

Telephone **0131 337 1376**

Or

### **Stafford Centre**

103 Broughton St, Old Town,  
Edinburgh EH1 3RZ

Telephone **0131 557 0718**

### **Interpretation and Translation**

This leaflet may be made available in a larger print, Braille or your community language.

Produced by: South West Edinburgh Community  
Mental Health Team

LOT1348 Version 1

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Information Group

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# **Coping with Anxiety Course**



## Who is this course for?

- Anyone over the age of 18 years living in Edinburgh and experiencing anxiety that interferes with everyday life.
- Individuals willing to attend a small group (up to 15 people) where there will be opportunities to participate in discussion, share experiences and practice methods of managing anxiety.
- Please note that you need to be registered with a GP

## The Sessions

We are running the sessions over 6 weeks. In these sessions we will support you to better understand how anxiety affects you and your life.

We will explore

- The experience of anxiety
- Practical methods of reducing and coping with anxiety
- Unhelpful thinking patterns
- Panic attacks & Relaxation
- Coping strategies & Goal setting

## How do I get a place on a course?

Please contact either the Stafford Centre or Health all Round to register your interest in this course (details can be found on the back page of this leaflet).

They will be able to give you times and dates so that you can choose which course is most suitable for you.

There are approximately 4 courses running per year.

You will be contacted before your selected course and will be invited to meet with a course facilitator for an informal assessment to find out more about your anxiety, how it affects you and to confirm what will be most helpful for you.