



Tees, Esk and Wear Valleys  
NHS Foundation Trust



**Do you experience repeated episodes of depression?**

**Do you feel stressed by parenting or caring for someone with mental health problems?**

**Mindfulness Based Cognitive Therapy (MBCT) may help**

*"This course has changed the way I look at my life dramatically... I feel like a whole person again, able to see difficulties with a clear perspective."*

Mindfulness is recommended by the National Institute for Health and Care Excellence (NICE)

Courses and taster sessions are free of charge



**Many of us spend time brooding about the past, or worrying about the future, and being hard on ourselves. These habits are difficult to control and often leave us feeling low or stressed.**

**Mindfulness** can help us to see things differently. It is a way of helping us to pay attention to the present moment, so we can bring awareness and acceptance to things as they are.

**Cognitive Behavioural Therapy** helps us to notice and understand the links between our thoughts, feelings and behaviour.

**MBCT** combines these two powerful approaches. It is a great way to understand the patterns of the mind and learn to work with these patterns in a new way.

### **Mindfulness courses**

Our MBCT courses are for people aged 18+ who experience repeated episodes of depression, or are stressed by parenting or caring for someone with mental health problems.

**You will learn and practise simple meditations and other activities that can help you to:**

- be more aware of your thoughts and feelings
- be kinder to yourself
- become more accepting of how things are
- respond more wisely to difficulties and stress

**The courses are run by experienced mental health professionals:**

- 8 sessions of 2 hours 15 minutes and one full day session
- 10 - 15 participants on each course
- It's important to attend regularly and practise the approach at home every day

**Interested? Why not come along to a taster session?**

- Taster sessions can help you decide whether you would like to attend a course
- You will hear more about what's involved and have an opportunity to try the approach
- There is no need to be referred by a professional
- To book a place, please contact us - details below

**What happens next?**

- Once you've attended a taster session, you can apply to attend a course.
- Applying is simple and will be explained at the taster session
- We will then arrange to call you and discuss whether the course is right for you at this time

**Contact us: [tewv.mindfulness@nhs.net](mailto:tewv.mindfulness@nhs.net) 01325 552017**

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<https://www.tewv.nhs.uk/about-your-care/treatments-therapies/mindfulness-cognitive-therapy/>

