

• MENTAL HEALTH OUTREACH TEAM •

POSITIVE THOUGHTS



LOOKING AT HOW
TO MANAGE
SYMPTOMS OF
ANXIETY



PROVIDING TOOLS
TO SUPPORT
CONFIDENCE & SELF
ESTEEM



FOCUSING ON YOUR
EXISTING SKILLS



LEARNING AND
PRACTISING
RELAXATION
TECHNIQUES



SETTING WEEKLY
SMALL ACHIEVABLE
GOALS



TALKING OPENLY IN
A SAFE SETTING



WARRINGTON
Borough Council

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POSITIVE THOUGHTS

The **Positive Thoughts courses** take place in various community venues or online (let us know your preference when making the referral). It will run over 7 weeks, either morning or afternoon sessions, to get the most out of the course we're asking people to commit to the full 7 week programme. The course was developed as part of a large European research project in collaboration with Liverpool University, and can help support management of mental wellbeing.

Referrals are accepted from all partners and we also accept self-referrals.

All we require is the following information:
Name, address, DOB, telephone number, email address.

Please note that referrals cannot be accepted for people who are already receiving psychological therapies.



To refer please call the mental health outreach duty officer on **01925 443555** or contact us by email on: mhoutreachduty@warrington.gov.uk



WARRINGTON
Borough Council