

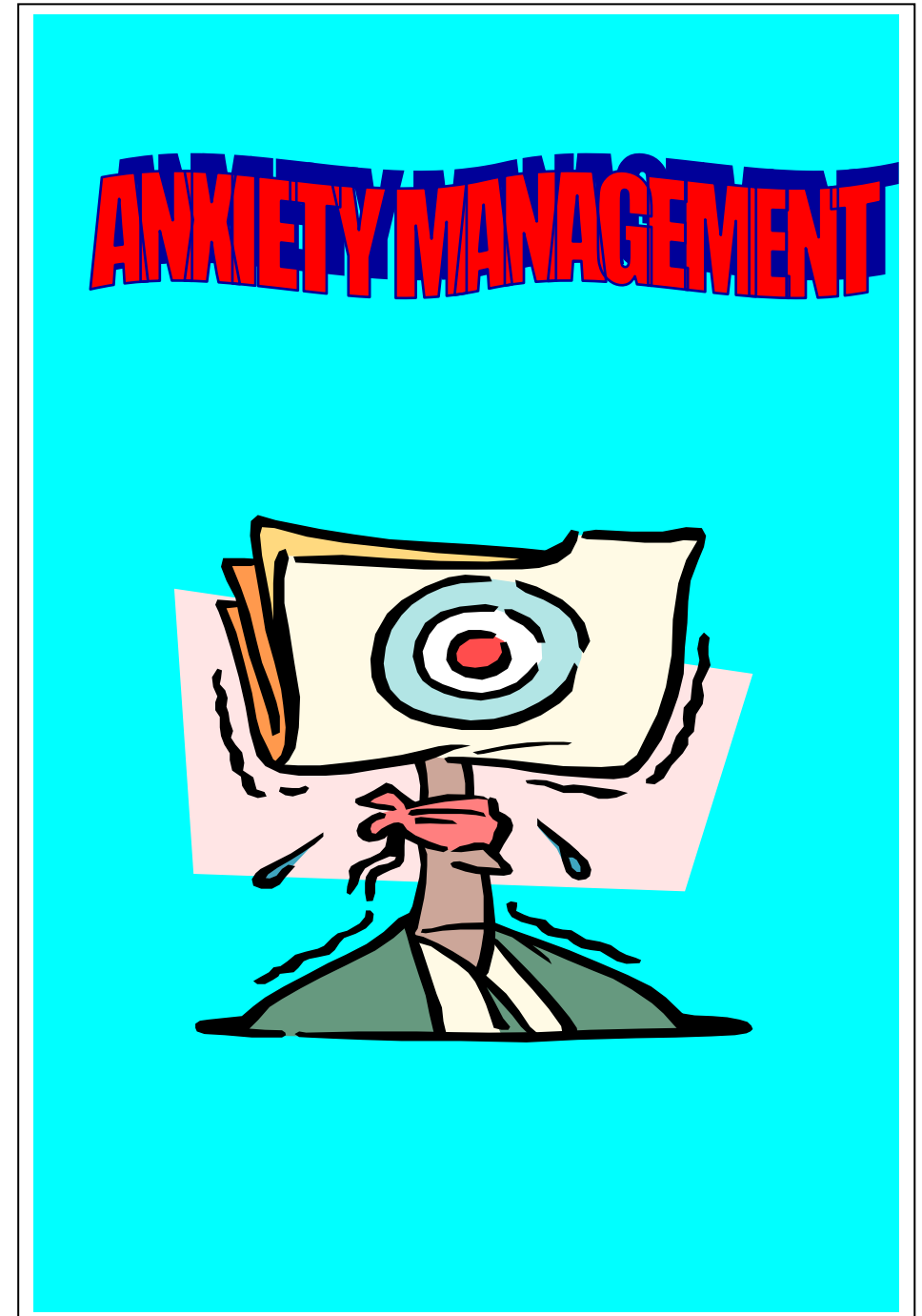


Stirling Integrated Community Mental Health Services.
Livilands Resource Centre.
Stirling Community Hospital.
Livilands Gate.
Stirling
FK8 2AU
Tel: 01786 446913

Resource Centre Referral Criteria:

The Recovery Team offers treatment for people who have been assessed and meet our criteria for a moderate mental health problem which can be treated within our group programme

Please note: to access the Resource Centre and the treatment programme a referral needs to be made via a GP or Consultant Psychiatrist.



What's the group about?

The aim of the group is to enable you to become better able to deal with your symptoms of anxiety by helping you to identify and understand how anxiety affects your life and how to cope with the difficulties that you experience.

The objectives are:

- To gain a greater understanding of what anxiety is.
- To develop an awareness of how anxiety affects the way you feel, think and behave.
- To explore practical ways of coping with and reducing anxiety.
- Encourage the practice and uptake of these strategies in order to:
 - To get control of your physical symptoms.
 - To identify and challenge negative thinking patterns.
 - To change unhelpful behaviours.
- To provide peer group support and encouragement.

- To provide a safe, supportive group atmosphere to address the above.

Sometimes we feel that anxiety is taking over our lives:

Do you recognise these symptoms?

Headaches, sweating, racing heart, churning stomach, feel sick, tense muscles, tightness in the chest, shortness of breath, lethargy.

Do you have thoughts like?

'I'm useless', 'I'm hopeless', 'Why can everyone else cope', 'Everyone is looking at me', 'I always get things wrong'. 'I'm going to die', 'There's something seriously wrong with me'.

Has your behaviour changed? Do you:

avoid going to shops,
avoid going on buses,
no longer socialise with friends,
easily become angry or irritable,
drink or smoke more.

We can make changes for the better

GET CONTROL OF YOUR LIFE BACK.