



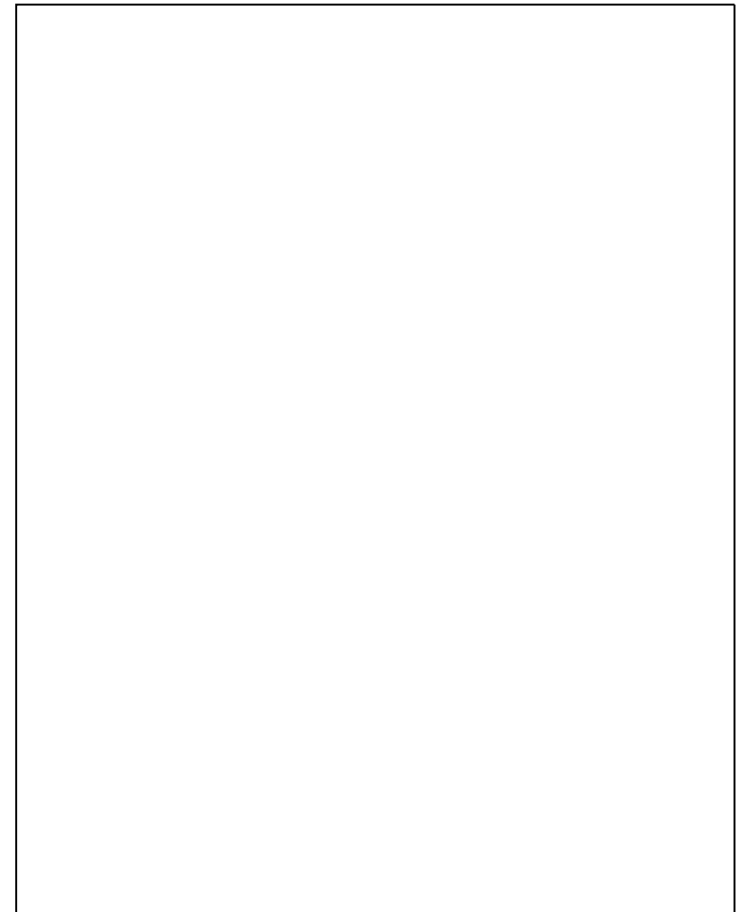
Building Self-Esteem

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

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 help you to become more aware of self-esteem issues and to encourage you to practise skills to improve self-esteem and confidence.

Self-esteem is the confidence in your ability to think, feel and act when facing basic challenges throughout life.

The objectives can be achieved by looking at the following areas:

- ❖ To focus on the link between low self-esteem, thoughts, feelings and behaviour, using group discussion and homework activity.
- ❖ To explore and practise ways to increase your behaviour which will promote self-esteem
- ❖ To challenge your unhelpful thoughts to promote self-esteem

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

The way you think and behave can change when your self-esteem has become damaged. You may notice:

- ❖ Negative expectations and beliefs about yourself, your abilities and about life generally.
- ❖ Feeling as if “things just happen to me”.
- ❖ Putting things off.
- ❖ Avoiding activities you used to enjoy.
- ❖ Feeling as if everything you do has to be perfect.

The group can offer you the opportunity to begin to take positive action to make positive changes and rebuild your self-esteem.