



# Managing Depression

**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 assist you with your feelings of depression, by helping you to identify and understand how depression affects your life and how to cope with the difficulties you experience.

The objectives of this programme are:

- To gain a greater understanding of what depression is
- To identify how depression affects your life.
- To encourage self help and independence.
- To learn alternative coping strategies.
- To provide peer group support and encouragement.
- To identify strategies to maintain a positive lifestyle.
- To focus on link between depression, behaviour and thoughts through large and small group discussion and homework tasks.
- To explore practical ways of coping with depression and improving mood.
- To identify and challenge negative thinking patterns.
- To provide a safe, supportive group atmosphere to address the above.

