



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.

Managing Emotions



and Relationships



Decrease negative behaviours.



Increase positive coping skills.

About the group;

The group encompasses the use of the mindfulness technique, and aspects of being effective in relationships. We teach skills to regulate your emotions and how to tolerate distress in a more effective manner.

Individuals attending this group must be willing to complete homework as an integral part of understanding the skills taught.

The group runs over 9 sessions;

- ❖ Looking at current coping strategies.
- ❖ Practice mindfulness skills.
- ❖ To teach skills with a view to improving relationships and communication with others.
- ❖ To explore, identify and deal with emotions.
- ❖ To find successful ways of dealing with distress.
- ❖ To provide a safe, supportive group atmosphere to address the above.