Priory Wellbeing Centre Southampton

Overcoming depression course

Our overcoming depression course has been specifically designed to help you understand your depression and develop effective coping mechanisms for the future. By setting clear and achievable therapeutic goals, we can support you every step of the way towards overcoming your difficulties and leading a more meaningful life.

The six-session course will take place as part of a group. It will be available to individuals over the age of 18, who are currently struggling with depression. In our experience, many people feel isolated when they are depressed, which is why group therapy is ideal for promoting mental health.

Course overview

A highly supportive group experience focusing on:

- Understanding what depression is and how your symptoms relate
- Learning how to overcome fears
- Understanding how your avoidances and fears can be a barrier
- Challenging negative thoughts
- Changing behaviours which aren’t helping
- Verbalising emotions and feelings
- Nurturing the self
- Developing a robust relapse prevention plan using the strategies learned, to maintain goals and promote wellness
The course timetable

The course is a 12-hour course that will be delivered over six weeks.

+ **Session 1:** Understanding depression
+ **Session 2:** Nutrition and nurturing
+ **Session 3 & 4:** Understanding our own unique feelings, needs and wants
+ **Session 5:** Rest and relaxation
+ **Session 6:** Spirituality and exercise

Please note that anyone with a severe psychiatric disorder, a risk of suicide or significant substance misuse, will not be able to enter the programme. Please contact us if you would like to discuss alternative treatment programmes.

Further information and pricing

The overcoming depression course is available on both a self-pay basis and to those using private medical insurance (PMI). Those using PMI should check eligibility criteria with their insurer.

For more information, please contact Priory Wellbeing Centre Southampton on **02380 713000** or by emailing southamptonwellbeing@priorygroup.com.

For the most up to date information on our services, please visit our website.