

## Supporting You:

Great news - you have been booked on to a Supporting You Group.

We are really excited to meet you and thought this information might be useful until then...

## What's 'Supporting You'?

Supporting You is a group programme of 7 weekly sessions where you will learn strategies in a fun, workshop type environment to support you reduce, stress, anxiety and or low mood.

The strategies we will teach you are based on CBT. That stands for Cognitive Behavioural Therapy - don't worry, these aren't 'therapy' sessions! CBT looks at the links between the way we THINK, what we FEEL, and what we DO (Thoughts, Feelings and Behaviours) and helps people reduce the thoughts that create stress and anxiety and low mood and instead feel better able to manage day to day life.

We will share with you 12 very simple CBT techniques that have been shown to help people stay calmer, not catastrophise, reduce stress and with practice, feel happier.

Most of the techniques you will learn are things you can do discreetly, in your head, without any fuss, some will involve some private reflection, and some will involve some note making. The sessions are always fun and light hearted but very effective.

## Some more about the group:

Each group may have up to 11 other young people around your age, a youth worker and a couple of volunteer helpers.

The group sessions run for 2 hours after school or in the evening at a local venue over 7 weeks.

## Is this right for me?

This programme is for teens who have noticed that they can sometimes feel stressed or anxious - perhaps even sad by a situation/s which normally don't cause them (or others) to feel badly.

This programme is for you if you would like to learn how to control your emotions so they don't control you but to get the most out of your experience you must also be able to attend all 7 weeks.

Because we are not mental health practitioners, this programme is not suggested for people who have significant issues with stress, anxiety or low mood, such that it is interfering in their ability to take part in everyday activities.

You may be nervous and or shy - we totally get that. Our lovely and highly skilled Youth Workers will look after you and there are a number of volunteers available should you want any one on one support.

### What happens next?

After being booked on, a Youth Worker will contact you and arrange a one on one interview to explain the programme in more detail and complete some pre course paper work.

The programme is being evaluated – which means some lovely researchers are working out how effective it was for those that have completed the programme. This means you will be asked to complete pre and post evaluations and complete a feedback questionnaire, but it will all be anonymous -you won't have to give your name.

### Young people who have attended this course said;

'Thank you so much for allowing me on to this course. These methods will be really useful and will help me handle any stresses or concerns I have in the future'

'I like how it is very practical and straightforward, the skills are really simple and easy to remember'

'Rather than just say "reduce negative thinking" the skills I have learnt have given me practical techniques to use'

'This course showed me how my goals can be achieved.'