Understand Yourself Better

Course Overview and Application Form

Course overview

This is a cycle of workshops designed to help you understand more about why you are experiencing difficulties at the moment, and why things might be a struggle for you. Understanding is the first step towards recovery. By knowing more about our emotions, our unhelpful patterns of thinking, and about some of our behaviours that might keep the problems going, we are in a better position to make helpful changes and choices.

The workshops are designed so you can join at any point in the cycle. Over the course of 6 to 8 sessions, the following topics will be covered:

Emotions	Why do we feel the way we do? How can we change the way we feel?
Thinking	Why do I have these thoughts? Is there another way to think about things?
Behaviour	Why am I doing this? Why I am avoiding doing that?
Survival Skills	How to solve problems How to become more assertive How to become more self-compassionate

Course Aims

The aim is to help participants to become more self-confident, to have a better sense of their self-worth, and to encourage them to engage in activities that promote a sense of value, meaningfulness and purpose.

There is strength in numbers. The advantage of being with others is that everyone has a chance to learn from each other. It is like a fondue party – the more you dip into the pot, the more you get out. If you are anxious about being with others, remember that they probably feel the same as you.

Outcomes

Improved resilience and skills for self-management
Improved mental health and emotional well-being
For individuals to feel there is hope, control and opportunity within their life

Course session duration: 2 hours
Length of course: 6-8 weeks
Location: Kettering Mind

How do I apply for the course?

Through:

1. Kettering Minds website. www.ketteringmind.org.uk or
2. Paper application: Please complete the application form including the questionnaire, and submit to: Kettering Mind 49-51 Russell Street, Kettering, Northants, NN16 0EN Or by email to: info@ketteringmind.org.uk

A course facilitator will be in contact with you, to let you know when the next course you have applied for will be starting. This overview sheet and the useful information/contact numbers on the reverse are for you to keep.

Useful Information / Contact Numbers

Kettering Mind Telephone: 01536 523216 (Office hours 9am – 4.30pm Mon – Fri)

Crisis cafes - available for anyone 18 years old or over who are finding themselves in a crisis or need support with their mental health. Ran by an NHFT mental health professional and a Mind peer support worker, they provide support and safety to anyone in need by offering coping mechanisms and management techniques to help reduce the risk of crisis. As well as offering support, professionals can also refer and direct you to further services if required. They run across the county at various locations, please phone for further information	**Corby 01536 267280** **Daventry 01327 879416** **Kettering 01536 523216** **Northampton 01604 634310 / 624951** **Rushden 01933 312800** **Wellingborough 01933 223591**

NHS Choices (non-emergency) Telephone: 111

Mind info line – Telephone: 0300 123 3393 for information on topics including:

- types of mental health problems
- where to get help
- medication and alternative treatments
- advocacy

Mind Legal line – Telephone: 0300 466 6463 for information and general advice on mental health related law covering:

- mental health
- mental capacity
- community care
- human rights and discrimination/equality related to mental health issues

Blue Light information

Working in the emergency services has always been a challenging job, but since the pandemic it has been even harder. You might be dealing with more work on top of your normal duties, and supporting people in more difficult situations.

Go to: www.mind.org.uk/news-campaigns/campaigns/blue-light-programme/blue-light-information/ for resources to support you with your mental health.

The blue light information is for emergency workers who work in:

- ambulance service
- fire and rescue
- police service
- search and rescue

Samaritans – Telephone: 116 123 They offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. You don't have to be suicidal.

Mental Health Intergrated Response Hub: 0800 448 0828 a 24-hour a day telephone support service for people receiving support in Northamptonshire for mental health problems, their carers, families and friends. Our service helps when you feel unsafe, at risk, or unable to cope without support.

We are Kettering Mind. We're a passionate group of people here to fight for mental health. For support. For respect. For you.

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Course Application Form

Personal Details			
Name		Date of Birth:	
Gender		Ethnicity:	
Daytime Tel No:		Mobile number:	
Address			

Do you give consent for us to leave messages relating to this course?	Yes / No
Do you have any access requirements?	Yes / No
Please confirm you have read the course overview and this is the course you are applying to attend	Yes / No
Do you give consent for us to send emails relating to this course?	Yes / No

If yes, please print your email address:

How did you hear about this course?

Please sign below to acknowledge and give consent to notes being recorded on Kettering Mind systems;

Signature; Date

About you

A) What is your main unhelpful thinking pattern, and how long have you experienced this?

What areas of your life are most affected?

- ☐ Work
- ☐ Finances
- ☐ Home
- ☐ Physical Health
- ☐ Relationships
- ☐ Parenting
- ☐ Other (please describe)

What feelings are you most troubled by?

- ☐ Sadness
- ☐ Anxiety / Panic
- ☐ Stress
- ☐ Shame or Guilt
- ☐ Grief
- ☐ Other (please describe)

A) Have you had difficulties in the past and did you seek any help and support? If so what, or who helped?
B) What is important to you? (What aspirations do you have? what do you hope for? What benefits would you like to see in your life?)
C) Do you have any ethnic, gender, culture & diversity needs we can support you with whilst attending the course?

Please fill in the questionnaire, as it will inform us how you are feeling now and will help us tailor the course to the participants. We will ask you to fill in an identical questionnaire at the end of the support, for comparison.

Mental Wellbeing Questionnaire
The Short Warwick-Edinburgh Mental Well-being Scale (SWEMWBS)

Over the <u>last 2 weeks</u>, how often have you experienced any of the following:	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
SWEMWBS total score					