

# Emotional Wellbeing Group Program



## Broome | 6-week program

### About this program

This 6-week course is a cognitive-behaviour therapy (CBT) group education and support program aiming to help people reduce feelings of distress, anxiety and / or depression.

### Why attend a group program?

This group *program* differs from group *therapy*. We are here to educate and empower you with knowledge, tools, and skills to improve your mental wellbeing. We won't ask you to talk about your personal issues in this program.

Group programs can help people feel less alone and offer an opportunity to hear from with others experiencing similar issues.

### Course overview

- Managing depression.
- Managing anxiety.
- Changing your inner self-talk – how your thinking impacts emotions and behaviour.
- Managing distress – self-care and self-soothing.
- Living to your values even when going through a tough time.

### Venue

Boab Health Services – 5 / 20 Hamersley St.

### Who is eligible?

Anyone referred by a GP to Boab Health Services for mental health counselling will be eligible to join this program. You may be offered a place in this program instead of individual counselling or while you are on the waitlist for counselling.

### What if I don't have a GP referral?

It would be great if you can discuss a referral to this group with your GP. If you don't have a GP, give us a call, and we will clarify if a GP referral is required.

### When is the course held?

The group program is held once a week for 2 hours, over 6 weeks. Please contact us for upcoming program dates and times.

### Cost

This program is free.

### Confidentiality

This program focuses on providing education and support strategies for program participants. We won't ask you to talk about your problems or concerns. We value and respect your confidentiality. We recognise how important this is, especially when living in a small town.

### Program facilitators

Our program facilitators are all tertiary-qualified mental health professionals.

### Further information

Not sure if this is the right course for you? Contact our Mental Health Triage and Assessment team:

**T:** 9192 7888

**E:** [reception@boabhealth.com.au](mailto:reception@boabhealth.com.au)

**W:** [www.boabhealth.com.au](http://www.boabhealth.com.au)