

MyWellbeing College

Talking through life's ups and downs

Where are courses?

Bentham

Looking Well Studios

Settle

St John's Church

Skipton

Dyneley Surgery (The Barn)

Keighley

Healthy Living Centre

Ilkley

Ilkley Moor Medical Practice

Bradford North

Cottingley Community Centre

Bradford Centre

Kala Sangam

Bradford South

Royd's Enterprise Park

Please note these locations may change.

For up to date location and times see:

www.bmywellbeingcollege.nhs.uk

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Is it confidential?

Confidentiality is taken very seriously.

We keep records of your treatment electronically and only staff within the MyWellbeing college team will be able to access these unless you agree to share them with others e.g. your GP practice.

The only time this changes in the NHS is when we may need to share specific information to be passed on to other NHS teams or outside services if there is a risk of harm to yourself or others but we will always talk to you about this first if this happens.



**Bradford, Airedale, Wharfedale, Craven
MyWellbeing College**



MyWellbeing Courses Guide

**Contact:
0300 555 5551**



A 1.5 hrs weekly six-part course

Stress Control

Stress Control is a six-part course held weekly for 1.5hrs to help manage the effects of stress and anxiety such as sleep, panic and low mood.

Stress Control teaches a range of skills and techniques which are based on cognitive behavioural therapy (CBT) to control our body, thoughts, actions including panicky feelings. It also covers sleep hygiene, boosting wellbeing and controlling our future.

It is a group-based session where people can come along to listen and learn but are not expected to participate verbally in sessions. This is not group therapy, it is delivered in an educational format.

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How to register

**No need to go to your GP
You can self refer!**

Online:
www.bmywellbeingcollege.nhs.uk

You will be asked to complete an online form, then someone will call you to complete the registration.

**Contact us on: 0300 555 551
Press option 3 for the enrolment team.**

We are open Monday to Friday, 9am to 5pm. Once you contact us we will ask some questions to check that the course is going to be suitable for you.



A 1.5 hrs weekly eight-part course

Living Life to the Full

Living Life to the Full is an eight-part course held weekly for 1.5hrs to help overcome low mood, anxiety and other common difficulties.

It offers lots of practical skills to manage problems more effectively now and in the future. It provides techniques to overcome altered behaviours, unhelpful thinking styles, unhelpful thoughts, low confidence and temper.

Living Life to the Full also teaches problem solving skills and everyday solutions to increase mood overall.

Living Life to the Full is an interactive course where we encourage discussion and complete worksheets to allow clients to understand the interventions and relate to their individual circumstances.