



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 power of the group

The course takes place with a wider group of patients, who are all experiencing similar challenges. This approach is evidence-based, with proven results, and has been found to be highly effective in the treatment of mental health conditions.

Throughout the course, you will be encouraged to share your experiences and learn from others in a supportive, safe and trusting environment. This experience will help you to develop greater self-awareness and understanding of your own personal challenges.

It's normal to find the thought of group sessions to be quite daunting. However, we will ensure that you are given enough time to get to know your peers and hear their experiences, allowing you to build a level of trust. Participation in our group sessions often helps individuals to realise that they're not alone and this experience develops a sense of strength, closeness and support between group members.

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.

Our specialists

Our therapists have undergone rigorous training and have extensive experience in delivering evidence-based treatment for depression. They have helped countless individuals like you to break free from the grip of depression and achieve a more fulfilling life.

In our group sessions, you will receive personalised attention and support from our therapists, who will work with you to identify your unique needs and tailor the treatment to your specific situation.

Our highly trained and experienced therapists will provide you with:

- + **A safe and confidential space to share your experiences and feelings**
- + **Opportunities to learn from others who understand what you're going through**
- + **Evidence-based strategies to manage your symptoms and build resilience**
- + **A community of support and encouragement to help you stay on track**

We understand that seeking help can be daunting, but we assure you that you'll be in good hands with our team of highly trained therapists. We offer flexible sessions and affordable fees to make our depression course accessible to everyone.



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.