Surf the Blues: Understanding and Managing Low Mood

3 Oct 2019 - 1:00pm to 24 Oct 2019 - 2:00pm | Room 2008, level 2, East Wing, Quadrangle Building, Map Ref E17

These weekly workshops will provide you with 'take away' skills and knowledge to manage and 'surf' low mood. Understand signs and symptoms of low mood; develop positive skills in dealing with low mood; and learn practical strategies to improve your mental health.

3 Oct - Understanding Low Mood
10 Oct - Thinking-Feeling-Behaviour Connection
17 Oct - Fun and Achievement
24 Oct - Lifestyle Matters

Each week a different topic come to as many as you like. No need to register - just drop in - bring your student card.