

Booking workshops

Please contact Plymouth Options and let us know:

- Which workshop you require
- Preferred dates, times and locations
- Full names, dates of birth and GP surgeries of attendees.
- Please contact us 4-6 weeks before you want your workshop to take place

Opening times:

Mon, Wed, Thur, Fri: 9am-5pm

Tuesdays: 9am-8pm

Contact details:

Plymouth Options

Centre Court

73 Exeter street

Plymouth

PL4 0AH

Tel: 01752 435416

Email: Plymouth.options@nhs.net



Livewell Southwest



@livewellsw

Workshops at Plymouth Options.

Improving your mental health and physical wellbeing.



Plymouth Options is a free, Confidential talking therapy service helping you to feel better and giving you the tools and techniques to improve your mental wellbeing.

www.plymouthoptions.com

What are workshops for?

- Provide you with an understanding of mental health difficulties
- Know the signs and symptoms
- Introduce some guided self-help techniques to manage symptoms
- Provide information on how to refer to our service
- Signpost to further support.



Our Workshops:

Our workshops are free of charge.

They last around one hour and can be offered virtually or face to face (in our office or your place of work).

Workshops we offer:

Stress

What is stress? Causes of stress, symptoms of stress, understanding CBT, tools and techniques to manage stress .

Low mood

What is low mood,? Symptoms of low mood, understanding CBT, tools, and techniques to manage low mood.

Anxiety

What is anxiety? Symptoms of anxiety, understanding CBT, tools, and techniques to manage anxiety.

Mindfulness

“Mindfulness means paying attention in a particular way: On purpose, in the present moment, and non-judgementally”.

John Kabat Zinn

Our Mindfulness workshops aim to give a brief introduction into how you can incorporate mindfulness into your every day life.

Sleep

Understanding impacts of sleep, the sleep cycle, tools and tips to help sleep.

