

## Managing Your Mood

### Skills Groups for Young Adults

#### Chatswood 2025

*Are you struggling with distressing feelings and thoughts?*

*Are you experiencing symptoms of anxiety and depression?*

*Do you want to learn skills and strategies to more effectively manage your feelings and your relationships?*

Lifeline is offering 16-week psychological skills groups which will cover the following key components:

- ⦿ **Mindfulness skills** – to stay focused on the present moment
- ⦿ **Emotion Regulation skills** – to deal with intense negative emotions and develop emotional coping strategies
- ⦿ **Distress Tolerance skills** – to effectively deal with painful emotions and situations
- ⦿ **Interpersonal Effectiveness skills** – for assertive communication and building relationships



**Who can attend?** If you live, work or study in Northern Sydney or the Northern Beaches and have mild to moderate mental health issues, you may be eligible to attend.

**Before a place in the group can be confirmed you must have a PHN Mental Health Triage referral from your doctor AND a copy of your Mental Health Treatment Plan, submitted to the PHN for processing.**

**How much does the group cost?** FREE with the appropriate referral.

**For enquiries:** please contact LifelineH2HS Group Services on **8287 1158** or [groupservices@lifelineh2h.org.au](mailto:groupservices@lifelineh2h.org.au)

#### 2025 Skills Group Dates

Young Adult Group - 18-25 years

**Tuesday 5:30 – 7:30pm, 12 Aug – 25 Nov, Chatswood**