

As you may be aware, My WellBeing College has been running guided self-help courses for some time now. Unfortunately, due to the Coronavirus pandemic we had to stop these in order to make sure we were all social distancing correctly. Thankfully, we now have a way to deliver these courses to people regardless of where they are so long as they have access to the internet on a smartphone, tablet, or computer.

We have developed 2 new courses, **Managing MyAnxiety** and **Managing MyDepression**.

Managing MyAnxiety covers a variety of topics, initially looking at what anxiety is and how it can affect us, right through to managing challenging thoughts and even looking at sleep hygiene and panicky thoughts.

[Managing My Anxiety Promo Video](#)

Managing MyDepression looks at a range of techniques to help manage low mood. It explores why we feel depressed and how we can tackle problems, address sleep issues and learn relaxation techniques.

[Managing My Depression Promo video](#)

Each course is 6 consecutive, weekly, 60-80 minutes sessions presented via Microsoft Teams although there is no specific software required, just a decent internet connection.

MMA = Managing MyAnxiety

MMD = Managing MyDepression

MONDAY 1.30pm	MMD	MMD	MMD
Date	22-Jun	3-Aug	14-Sep

TUESDAY 1.30pm	MMA	MMA	MMA
Date	7-Jul	11-Aug	22-Sep

TUESDAY 5.30pm	MMD	MMA	MMD
Date	23-Jun	4-Aug	15-Sep

WEDNESDAY 10am	MMA	MMA	MMA
Date	29-Jul	19-Aug	30-Sep

In order to access this service you can self-refer via our website
<http://bmywellbeingcollege.nhs.uk/home/link-self-referral/> or call 0300 555 5551.

Referral criteria: if you are experiencing anxiety, stress and/or depression. Experiencing the effects of stress including difficulties with sleep, panic and low mood. Aged 16 plus. Registered at a GP in Bradford, Airedale, Wharfedale or Craven. Have no other current psychological therapy input (or within the last 3 months).