

Legal advice

Equals Advocacy is an organisation that enables vulnerable people in Lanarkshire to have a voice and provide independent advocacy.

Tel: **01698 327772**

Mental Welfare Commission

The organisation is interested in all matters concerning patient welfare.

For further information:

Tel: **0131 225 7034** or

visit www.mwc.co.uk

Social Care and Social Work Improvement Scotland

or SCSWIS for short, provides information on quality of care so that people who use and chose our services and their carers can make informed choices.

Lanarkshire Links

This organisation is used for Mental Health Patients and Carers.

For further information:

Tel: **01698 265232/265254** or

visit www.lanarkshirelinks.org.uk

Alzheimers Scotland

For further information, telephone

0131 243 1453 or call the 24 hr Dementia helpline on **0808 808 3000**.

Pain Association Scotland

Suite D, Moncrieffe Business Centre

Friarton Road, Perth PH2 8DG

Tel (Enquiries only): 0800 783 6059



www.careopinion.org.uk

NHS Lanarkshire - for local services

and the latest health news visit

www.nhslanarkshire.scot.nhs.uk

NHS Lanarkshire General

Enquiry Line: 0300 30 30 243

NHS inform - The national health

information service for Scotland.

www.nhsinform.co.uk

Tel No: 0800 22 44 88

If you need this information

in another language or format,

please e-mail: Translation.

Services@lanarkshire.scot.nhs.uk

Motherwell IDS

23 Draffen Court, Motherwell ML1 2TP

Telephone 01698 274620

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Dept: Motherwell Integrated
Day Service for
Older People (IDS)

Clinical Lead:



Coping with Low Mood and Anxiety

Information for Patients

Motherwell Integrated Day Service for
Older People (IDS)



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The Coping With Low Mood and Anxiety Group aims to:

Help you cope with your feelings of anxiety and low mood (about how your thoughts, feelings and behaviour are all linked).

We will help you develop skills to:

- ❖ Control your anxiety and low mood
- ❖ To challenge unhelpful thinking and alleviate low mood.
- ❖ Improve your confidence and ability to cope with anxiety and low mood in the future.
- ❖ Promote self help, so that you can reduce the risk of this happening again. If it does you will be prepared and know what to expect

Who is the group for?

The group is for anyone 65 years of age and over who has a diagnosis of low mood and/or anxiety and is able to participate in a group setting.

You have been asked to take part in the group because a member of our team thinks you might benefit from the group.

You will not be asked to do anything you are not able to do, or do not want to do.

About the Coping with Low Mood and Anxiety Group.

The group will meet once a week for 9 weeks.

Each meeting will last between 45 – 60 minutes and consist of:

- ❖ Introduction to cognitive behavioural model
- ❖ Medication
- ❖ Identifying and challenging unhelpful thoughts
- ❖ Keeping active
- ❖ Coping with stress
- ❖ Relaxation and distraction

Who will be at the group?

At the most 2 members of staff. A nurse will lead the group and may be assisted by a support worker or student nurse..

The group will have 2-5 people and 1 staff member. The same members attend each session; so you will have the opportunity to get to know everyone.

Data protection

NHS Lanarkshire fully complies with the ‘Data Protection Act 1998’ when dealing with your personal information.

If you would like access to your health records or would like further information about your rights under the Act, please contact the Data Protection Office at NHSL Headquarters, Kirklands Tel: **01698 858010**

Comments and complaints about the service you receive

Our staff are firmly committed to providing the best possible treatment and care for you. We are keen to improve what we do by listening to what you and your relatives tell us. We would therefore welcome your comments on what you think we did well and where we could do better.

Please speak to a member of the Integrated Day Service in the first instance, who will advise you thereafter.