

Acceptance and Commitment Therapy (ACT) Group



A 10 week NHS workshop to teach you skills in managing low mood and anxious feelings

- ACT teaches skills in managing difficult thoughts and feelings (using mindfulness and acceptance techniques)
- ACT helps you move towards a life which has meaning and purpose through a focus on values and goal setting

To arrange an appointment to discuss coming
to the group please call **01905 760837**

For more details visit www.hacw.nhs.uk/healthyminds