



Boosting Mood and Motivation Group

Feeling down?

Unmotivated?

Self-critical?

The Boosting Mood and Motivation Group is designed for people who experience low mood and depression. It is based on Cognitive Behavioural Therapy (CBT) which is one of the most effective treatments for managing symptoms of depression.

This group will help you to understand how the problem developed and identify the unhelpful patterns of thinking and behaviour that may keep you stuck in a vicious cycle of negative mood.

We will also help you with:

- Setting personal goals
- Managing rumination
- Developing self-compassion



When? Wednesdays 2pm – 4pm

Where? Community Living Well Psychological Therapies, Violet Melchett Centre, 30 Flood Walk, London SW3 5RR

How? 10 weekly sessions in total with self-help booklets provided, running periodically throughout the year.

Reserve your place now!

To Join* If you would like to join this group, speak to your GP or complete our online self-referral form [here](#)

*Following a referral, a therapist from our service will contact you to complete a brief telephone triage, during which you and the therapist will consider if the group or any other available services we offer would be most appropriate to support your psychological needs.

For further information, please call
020 33174200

This service is available for people registered with a GP in Kensington & Chelsea or the Queen's Park & Paddington areas of Westminster and is part of Community Living Well.

Where can I access Community Living Well?

Our services are based:

Violet Melchett Centre

30 Flood Walk
London
SW3 5RR

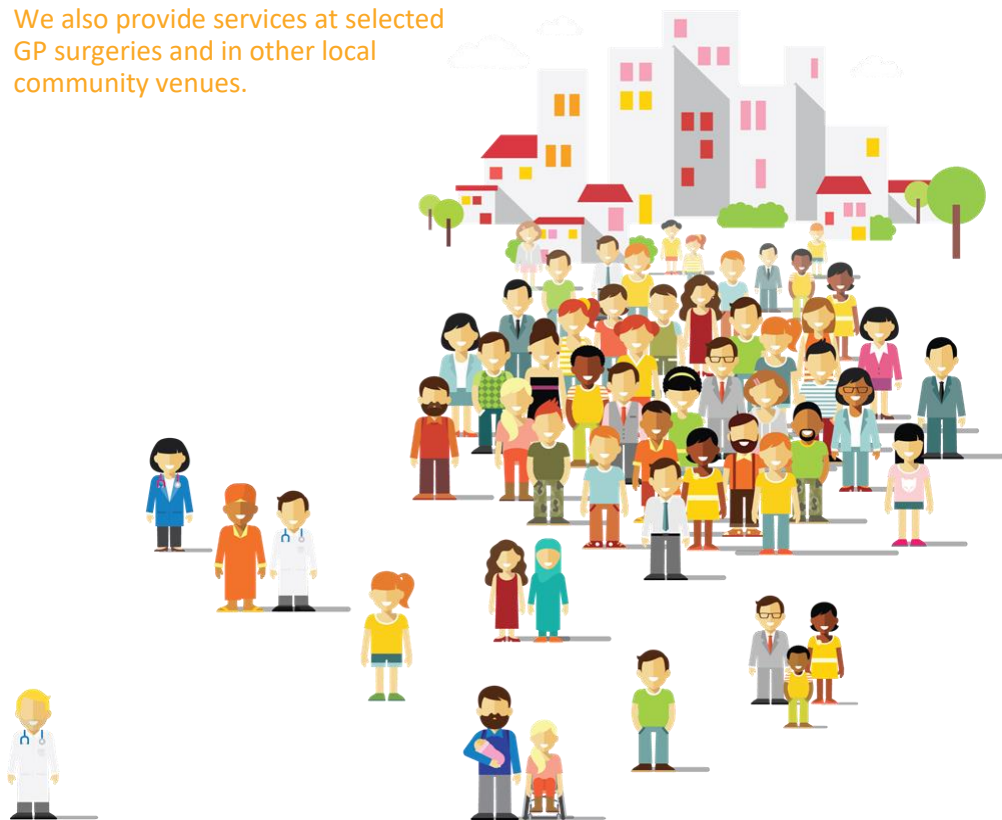
St Charles Centre for Health and Wellbeing

Exmoor Street London
W10 6DZ

Gertrude Street

15 Gertrude Street London
SW10 0JN

We also provide services at selected
GP surgeries and in other local
community venues.



communitylivingwell.co.uk

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