

WHEN?

The Stress Control class will be starting on 22nd January 2020

Will run for 6 weeks

Will be on University of York campus—room RCH/248X

Wednesday at 5.30pm

HOW DO I BOOK MY PLACE?

You can email us a completed booking form

Or you can call us to book a place



York & Selby IAPT
Huntington House
Jockey Lane
York
YO32 9XW

Phone: 01904 556 820

Phone: 01904 556 840

E-mail:

tewv.iaptyorkselby@nhs.net

NHS
Tees, Esk and Wear Valleys
NHS Foundation Trust

Stress Control Class



**Stressed?
Worried About Essays
and Exams?**

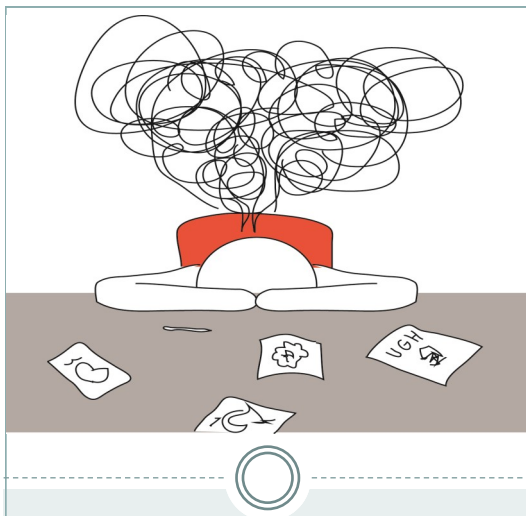
**Not sleeping well?
Feeling overwhelmed?
Not concentrating?**

**You can book onto our 6 week
stress control class!**

**No referral or assessment
needed!**

York & Selby IAPT

In conjunction with Open Door



Stress Control

Stress control is a 6 week course, with each session lasting around 90 minutes.

As it run much like a seminar, with a presenter giving you information to help understand your stress and anxiety and ways of managing and overcoming these, there is no expectation that you have to talk or speak about yourself. You can just sit and listen and learn some great ways of dealing with stress!

The aim of the course is to teach you new skills that can fight stress and its effects. Each session will be supported by a useful handout.

It uses proven, evidence based techniques based on an approach called Cognitive Behavioural Therapy.

WHAT WILL I LEARN?

Session 1: learn about stress

Session 2: control your body:
relaxation, exercise

Session 3: control your thoughts;
think your way out of stress

Session 4: solving your problems and facing
your fear

Session 5: control panic

Session 6: control sleep problems;
controlling your future

ATTENDANCE

Research shows the more sessions you attend the more you will benefit, therefore it is advised you attend all 6 sessions

DO I HAVE TO WRITE THINGS DOWN?

You will be given handouts each week that you can write on if needed.

All we ask is that you sign in and complete a questionnaire to help us review if the sessions have been helpful

IS IT CONFIDENTIAL?

Your details will be stored on a confidential NHS computer system operated by Tees. Esk and Wear Valley NHS Foundation Trust.

As this is a class and not group therapy there could be around 40 plus people attending. There is an expectation that you respect other class members confidentiality and vice versa, although it is not expected that people disclose any personal information

The class is only open to students at the University

IS IT FOR ME?

We all have difficult and stressful times, so stress control is for everyone!

If you can answer yes to all of these statements you can book straight onto the Stress Control Class:

- **I am not currently in need of urgent help or in crisis**
 - **I am not currently in receipt of care from Secondary Care Mental Health services (e.g. CMHT, CPN, Psychiatrist)**
 - **I am not seeking help to control my anger, that threatens or intimidates other people**
 - **I am not seeking help for drug or alcohol use**
 - **York & Selby IAPT are hosted by Tees Esk and Wear Valley NHS Foundation Trust**
- ⇒ **I agree for York and Selby IAPT to hold and record my information on their systems**

Stress Control is not useful for those currently in crisis or at risk of harming themselves or others.

If you feel you need more urgent support:

Emergency Services—999

University Security—01904 32 3333

Or use www.safezoneapp.com

Samaritans—116 123

The Haven—07483 141 310 (6pm –11pm)

Crisis Team—01904 526582