

Building a healthy future



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Strengthening emotional resilience
while living with diabetes or
long-term heart conditions

A FREE six week course for people
with diabetes or heart disease

Building a Healthy Future is a new initiative from Mind, funded by the Department of Health and delivered in Manchester by Manchester Mind. This 6 week course hopes to improve how people with diabetes or heart disease not currently experiencing mental health issues look after their mental and physical health and build resilience for the future.

Living with diabetes or heart disease can provoke fears, anxieties and cause stresses that can result in an increased likelihood of developing mental health issues. The course draws on cognitive behavioural therapy techniques, (CBT) as well as other approaches such as mindfulness. CBT has proven to be

successful for helping with a wide range of psychological difficulties. This course will equip participants with tools and skills to help them cope better with the challenges and difficult emotions of living with a long-term illness.

The course will also provide the opportunity and space for people with these conditions to share their experiences and support each other. Such peer support has also been shown to promote improved wellbeing, and help prevent mental health difficulties.

Ultimately, it's hoped that courses such as this one will prevent health problems in the long-term as well as reduce future strain on the NHS.

Who is eligible? Anyone in Manchester with diabetes or heart disease is eligible to register on the course, providing they are not currently being treated for mental health issues. There are 15 places on each course, and it will be free to attend.

When and where? Courses will take place across Manchester between September 2014 and December 2015. Sessions will take place on a weekly basis for two hours a week over six weeks.

For more information or to refer potential participants contact Ruth Rosselson:

telephone **07527 127 786**

email **Ruth.Rosselson@manchestermind.org**