

## Contact us

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## PALS

To make a comment, raise a concern or make a complaint, please contact the Trust's Patient Advice and Liaison Service (PALS).

Tel: 01225 362900

Free phone: 0800 073 1778

Email: [awp.pals@nhs.net](mailto:awp.pals@nhs.net)

## Other formats and languages

If you need this information in other formats (such as large print, audio, Braille) or in another language, please call the PALS number.

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Avon and Wiltshire  
Mental Health Partnership  
NHS Trust

# Exploring the Connections

Anxiety/depression group

An information leaflet for service  
users in South Gloucestershire

You matter, we care

## **Who is the Exploring the Connections group for?**

The group is for any service user who receives services from Avon and Wiltshire Mental Health Partnership NHS Trust in the South Gloucestershire area.

The group offers people a safe space, which will be non-judgmental. You will explore your thoughts, feelings, behaviour and relationships. You will look at the connections between your life experiences and your present difficulties.

Often people find themselves feeling disconnected from other people, society, and from what they think and feel within themselves.

The Exploring the Connections group can offer a safe place where you can gradually learn more about yourself.

## **Is the group just for people with anxiety and/or depression?**

The Exploring the Connections group is for anyone who has depression or anxiety as part of their mental health difficulties, who might benefit from a group experience. By coming together in a group with other people who have similar difficulties, you have the chance to discover what connects you to other people and find out a bit more about what

connections there are for you. This might help you make sense of your struggles.

## **How often does the group meet?**

The group meets for an hour and a half once a week and runs for about 30 weeks.

## **How many people are in the group?**

This is a small group of up to eight people. It is run by two healthcare professionals.

## **How can I join the group?**

If you are a service user who is interested in joining the group please speak to someone involved in your care. This could be your care coordinator, psychiatrist or named nurse. Ask them to make a referral on your behalf.