Registration – Tuesday 15th September, 10.00am-12.00noon in Omagh Library

All of our sessions will take place in the Committee Room at Omagh Library, 1 Spillars Place, Omagh. Please check each course for dates and times.

Introduction to Mindfulness

Tuesday 22nd September, 1.30pm-3.30pm

This workshop provides an introduction to what mindfulness is, how it can help and how you can start to be mindful in your life.

Making the most of your Appointment

Tuesday 29th September, 10.30am-12.30pm

This 2 hour workshop helps you to explore how both your own and your mental health practitioner’s expectations can influence your experience of mental health services. It explores how you both can work most effectively together to help you set and achieve your goals for recovery. It will also introduce the concept of the new Regional Care Pathway which will be helping to shape how services are offered in the future.

Explore your relationship with Alcohol

Tuesday 6th October, 10.30am-12.30pm

For many people cutting down on drinking can be a practical step forward, it can avoid a lot of problems in the future. This session will provide a clearer idea about how people can change their drinking habits.

Understanding the experience of Hearing Voices

Tuesday 13th October, 10.30am-12.30pm

This 2 hour workshop aims to help participants gain a better understanding of the experience of hearing voices and explores different coping strategies to help deal with them.

My Body, Your Body, Every Body

Tuesday 20th October, 1.30pm-3.30pm

The My Body, Your Body, Every Body session aims to look at body image in terms of defining what it is, where our notions of body image come from and how they have changed over time, looking at one of the main influences, the media. It also looks at how we can promote a healthy body image and accept ourselves for who we are.

Understanding Personality Disorder

Tuesday 27th October, 10.30am-12.30pm

This session explains what personality disorder is, with a focus on Emotionally Unstable/Borderline Personality Disorder. It is designed to enhance knowledge and understanding about self-destructive behaviours and relationship problems that are characteristic of BPD. It will be particularly useful for carers and professional staff who support people in their recovery from Personality Disorder.

Making the most of your Recovery

Tuesday 10th, 17th and 24th November, 10.30am-12.30pm

Following on from the 2 hour Introduction to Recovery workshop, this 3 week course examines the 3 key principles of recovery – hope, opportunity and control. The course will offer an opportunity to explore each of the concepts in greater detail and consider how these principles influence an individual’s recovery journey.

WRAP (Wellness Recovery Action Plan)

Saturday 3rd, 10th, 17th, 24th October, 10.00am-2.30pm

WRAP is a self management tool, designed to support people to understand and manage their condition. It can be used in many situations which present challenges for people. However, on this course we will concentrate on mental ill health, assisting you to identify your wellness tools and create your own Wellness Recovery Action Plan.

Managing the Challenge

Friday 25th September, 2nd, 9th, 16th, 23rd, 30th October, 1.30pm-3.30pm

This 6 week ‘Managing the Challenge’ course, which will run in conjunction with Action Mental Health, aims to help you learn strategies for managing your long term health condition. Topics will include problem solving, managing relationships with health professionals, pain management, breathing techniques, relaxation and action planning. These strategies can help you feel more empowered, confident and positive and about your life.
WRAP (Wellness Recovery Action Plan)

Dates to be confirmed

WRAP is a self management tool, designed to support people to understand and manage their condition. It can be used in many situations which present challenges for people. However, on this course we will concentrate on mental ill health, assisting you to identify your wellness tools and create your own Wellness Recovery Action Plan.

Understanding Psychosis

Thursday 15th October, 10.30am-12.30pm

This 2 hour workshop explores our understanding of what psychosis is and provides help and advice on managing difficulties and the impact these may have for individuals.

Understanding Depression

Thursday 22nd October, 10.30am-12.30pm

This 2 hour workshop will offer simple strategies to help you understand and manage the symptoms of depression and begin to explore the links between your thoughts, feelings and behaviours.

Introduction to Recovery

Thursday 5th November, 10.30am-12.30pm

This workshop explores what recovery means for individuals with mental health issues, how we recover and how we help others recover.

Understanding the impact of Substance Misuse on Mental Health and Recovery

Thursday 12th November, 10.30am-12.30pm

This two hour session aims to explore facts about alcohol and drugs, how substance misuse impacts on a person with a mental health problem. We will also explore strategies to help in the journey of recovery.

Registration  –  Thursday 10th September, 10.00am-1.00pm, Central Library, Foyle Street.

Sessions will take place in Shantallow Library, Racecourse Road (NB* WRAP training will take place in the Central Library). Please check each course for dates and times.

My Body, Your Body, Every Body

Thursday 19th November, 10.30am-12.30pm

The My Body, Your Body, Every Body session aims to look at body image in terms of defining what it is, where our notions of body image come from and how they have changed over time, looking at one of the main influences, the media. It also looks at how we can promote a healthy body image and accept ourselves for who we are.

Understanding Personality Disorder

Thursday 26th November, 10.30am-12.30pm

This session explains what personality disorder is, with a focus on Emotionally Unstable/Borderline Personality Disorder. It is designed to enhance knowledge and understanding about self-destructive behaviours and relationship problems that are characteristic of BPD. It will be particularly useful for carers and professional staff who support people in their recovery from personality disorder.

Explore your relationship with Alcohol

Thursday 3rd December, 10.30am-12.30pm

For many people cutting down on drinking can be a practical step forward, it can avoid a lot of problems in the future. This session will provide a clearer idea about how people can change their drinking habits.

An Introduction to Health & Wellbeing

Thursday 10th December, 10.30am-12.30pm

This workshop will highlight the areas of our lives to focus on to help maintain our physical and mental well being – what’s good for us and what’s not so good!
Managing the Challenge

Thursday 17th, 24th September, 1st, 8th, 15th, 22nd October, 2.00pm-4.30pm

This 6 week ‘Managing the Challenge’ course, which will run in conjunction with Action Mental Health, aims to help you learn strategies for managing your long term health condition. Topics will include problem solving, managing relationships with health professionals, pain management, breathing techniques, relaxation and action planning. These strategies can help you feel more empowered, confident and positive and about your life.

Introduction to Recovery

Tuesday 6th October, 10.30am-12.30pm

This workshop explores what recovery means for individuals with mental health issues, how we recover and how we help others recover.

Understanding Psychosis

Tuesday 20th October, 10.30am-12.30pm

This session explores our understanding of psychosis and provides help and advice on managing difficulties and the impact these may have for individuals.

Introduction to Mindfulness

Tuesday 3rd November, 10.30am-12.30pm

This workshop provides an introduction to what mindfulness is, how it can help and how you can start to be mindful in your life.

Understanding Anxiety

Tuesday 17th November, 10.30am-12.30pm

This session will offer some simple strategies to help you understand and manage your anxiety and explore the links between thoughts, feeling and behaviours.

WRAP (Wellness Recovery Action Plan)

Tuesday 24th November, 1st, 8th December, 10.00-3.00pm

WRAP is a self management tool, designed to support people to understand and manage their condition. It can be used in many situations which present challenges for people. However, on this course we will concentrate on mental ill health, assisting you to identify your wellness tools and create your own Wellness Recovery Action Plan.
Introduction to Recovery

Thursday 17th September, 11.00am-1.00pm – Melvin Centre

This session explores what recovery means for individuals with mental health issues, how we recover and how we help others recover.

Introduction to Mindfulness

Thursday 24th September, 11.00am-1.00pm – Melvin Centre

This workshop provides an introduction to what mindfulness is, how it can help and how you can start to be mindful in your life.

Understanding Bi-Polar

Thursday 1st October, 11.00am-1.00pm – Melvin Centre

This session helps individuals gain an understanding of this disorder and how to recognise and respond to changes in their mood and behaviour.

The use of complimentary therapies to promote good mental health

Thursday 8th October, 11.00am-2.00pm – CMP Building

This session will help participants gain an understanding of the use of complimentary therapies within mental health. We will explore the various therapies available and their benefits for individuals experiencing difficulties with sleep; anxiety; depression; low mood and stress.

Free your thoughts, live your life!

Tuesday 13th October, 11.00am-1.00pm – CMP Building

This module aims to explore the characteristics of negative automatic thoughts and their impact on mood. It shall also demonstrate some of the evidence based techniques for challenging these negative automatic thoughts.

Understanding Depression

Thursday 15th October, 11.00am-1.00pm – Melvin Centre

This session will offer simple strategies to help you understand and manage the symptoms of depression and begin to explore the links between your thoughts, feelings and behaviours.

Men’s mental health MOT

Thursday 22nd October, 11.00am-1.00pm – Melvin Centre

The aim of this workshop is to help men gain the foundations to better health and wellbeing. This session will include a focus on daily routine, sleep hygiene, healthy eating and exercise.

WRAP (Wellness Recovery Action Plan)

Thursday 29th October, 5th, 12th November, 10.00am-2.30pm – CMP Building

WRAP is a self management tool, designed to support people to understand and manage their condition. It can be used in many situations which present challenges for people. However, on this course we will concentrate on mental ill health, assisting you to identify your wellness tools and create your own Wellness Recovery Action Plan.

Caring for someone with Psychosis

Thursday 5th, 12, 19th, 26th November, 11.00am-1.00pm – Melvin Centre

This 4 week course is written specifically for those in a caring role. The course explains our understanding of what it means to experience psychosis and how best to support someone experiencing these difficulties, whilst also looking after yourself.