



Patient Group Consultation
Saturday 29th June 2019 @ 10.30am-11.30am

An Introduction to Better Emotional & Psychological Wellness
(A Self-Empowerment Guide)

- **Common emotional & psychological issues**
- **Why some people struggles more than others**
- **Management options for emotional & psychological issues**
- **Medications/Counselling & Therapy/Technology/Alternative therapies**
- **Principles of '*Emotional first aid*' and '*Mental health fitness*'**
- **Self-care home work**
- **Q&A**

Suitable for those with new onset of mild to moderate symptoms of low mood, anxiety and stress.

Please book appointment via online booking or via reception.