

# Healthy minds course



Healthy minds courses are designed to provide useful information and practical techniques, based on Cognitive behavioural therapy, to help you manage low mood and anxiety.

The course topics include:

- negative thinking
- unhelpful behaviours
- and sleep difficulties.

**What is it?**  
Taught Course ✓

**Cost?**  
Free ✓

**No. of sessions?**  
Four ✓

**How long?**  
90 minutes ✓

**Please note: You will not be asked to share any personal problems or talk in front of a group.**

**Courses run throughout the year. To register for the next course please speak to your GP or contact your local IAPT team on:**

**Tel.** 01423 852137/852062

**Email.** [TEWV.IAPTHarrogateReferrals@nhs.net](mailto:TEWV.IAPTHarrogateReferrals@nhs.net)

making a

difference

together