

DFMH supports people living with, or recovering from, mental ill health. The majority of the individuals we support live independently in the local community and can vary in terms of diagnosis and severity of mental health condition, from mild to moderate through to those experiencing severe and enduring mental ill health.

We predominantly provide support for adults throughout the Derbyshire Dales and High Peak and Chesterfield areas of Derbyshire, and our children and young people services operate countywide, including Derby City.

We have operated in the Derbyshire Dales area for 30 years+, moved into the High Peak (Buxton) area in 2012 and provided services countywide since 2019. We are well respected in the local community and amongst mental health professionals and other third sector organisations.

Details of project supported by BHMT grant

We delivered a 4 session Anxiety and Depression course, held at Greenaway workshop over 4 weeks, from 9th-30th November 2023. The aim of this course is to provide individuals with the confidence, knowledge and skills to move forward in their lives. The BHMT grant funded the Wellbeing Coordinators time in developing, promoting and delivering the programme, as well as course materials for participants to keep.

Areas of mental health addressed and profile of the recipients

The informal psychoeducational course covered understanding our nervous system, managing our emotions, particularly anxiety and low mood, and introduced a wide range of self-help tools to help improve our mental and emotional health.

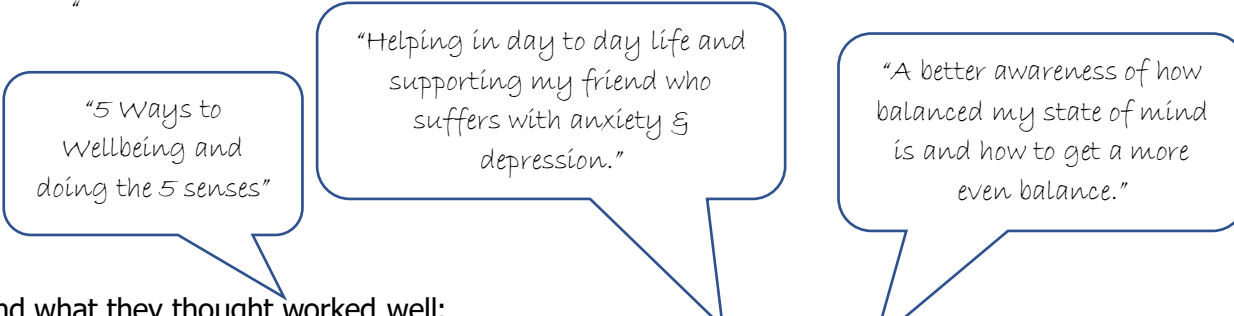
6 people took part in the programme, 3 from Matlock area, 2 from Chesterfield and 1 from Belper.

All participants had experienced both Anxiety & Depression - 4 have experienced mild/moderate anxiety & depression and 2 experience more severe symptoms. 4 attendees were experiencing current symptoms at time of the course and 2 were attending as they had past experiences and were looking for preventative measures.

Impact of the project

Participants told us the most important things they would take away from the course:

“



“5 ways to wellbeing and doing the 5 senses”

“Helping in day to day life and supporting my friend who suffers with anxiety & depression.”

“A better awareness of how balanced my state of mind is and how to get a more even balance.”

And what they thought worked well:



“5 senses”

“Interaction with the group and Sarah. A comfortable environment where I felt safe.”

“The different breathing methods.”

At the end of the course, all attendees reported that they 'agreed or strongly agreed' that:

- ✓ The course had a broad range of information
- ✓ The course gave me tools that I can use in my life
- ✓ I feel more informed about Managing Mental Health

Anxiety and depression course

Venue & course materials



Anxiety and Depression

Free
4 Week Course

Starting Wednesday
9th November

10am - 12pm



This course aims to provide an understanding of Anxiety and Depression. The practical tools explored look at ways in which to use small and manageable steps towards change.

To find out more and book a place go to
Contact Sarah at sarahlowe@dfmh.co.uk for further information
<https://www.eventbrite.co.uk/e/free-4-week-anxiety-and-depression-course-tickets-425107837987>

The Greenaway Project at
The Greenaway Workshop,
Old School Close,
Matlock,
DE4 2PT



Our Soothing System...

- As well as a threat system we also have a soothing system!
- This is when we are green in our traffic light
- We feel calm, relaxed, able to think rationally, socially engage and **feel safe**
- Using grounding techniques enables us to access our green zone and the more time we spend in the green, the bigger it grows! Making it easier to access in the future
- Tapping into our senses helps to anchor into the present moment. This accesses our soothing system, helping us to feel safe and calm, enabling us to think clearly and rationally – we can then begin to look at how we can remove the threat or see if there is a real threat at all!
- Practicing is important!..... to GROW our **GREEN!**



The 5 Senses Technique

- Pause – take a few deep breaths and slowly exhale... then...
- Bring your attention to your surroundings
- Notice **5** Things you can see
- Notice **4** things you can hear
- Notice **3** things you can feel
- Notice **2** things you can smell
- Notice **1** thing you can taste

