



Back to Life, Back to Normality

MENTAL HEALTH & LIFE SKILLS PROGRAMME

AWARE, the Depression Charity for NI, is working with the GP Federations across NI to support referrals to the Back to Life, Back to Normality programme for people with mild to moderate depression or anxiety.

It is a 12-week programme consisting of six weeks of Living Life to the Full (a CBT-based approach programme), followed by six weeks of an Introduction to Mindfulness. Each session lasts 2 hours. The programmes are delivered online via Zoom, and a new course starts every 6-8 weeks.

Participants complete a Warwick-Edinburgh Mental Wellbeing Scale assessment in Session 1 and Session 12 to measure the impact of the course on their mental wellbeing.

Participants are asked to keep their cameras on as much as possible to maintain the group's wellbeing and confidentiality.

REFERRAL PROCESS

To register for a course, the Mental Health practitioner or the individual can scan the QR code below or visit:

www.aware-ni.org/back-to-life-back-to-normality



This project is supported by the Department of Health Mental Health Support Fund & The Community Foundation for Northern Ireland until March 24.

The 
Community
Foundation
Northern Ireland

AWARE-NI.ORG     

T: 02890 357 820 (BELFAST) / 02871 260 602 (DERRY/LONDONDERRY)

Company No: NI 30447. Registered with the Charity Commission for Northern Ireland : NIC100753

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.