



# Improve your Mood

Feeling low most of the time?

No longer doing things you enjoy?

Lacking motivation?



Learn how to get back on track  
with our free course

# About the class/group

**Back on Track is a therapist-guided self-help course which provides you with ways to improve mood and manage symptoms of depression.**

**The course content includes:**

- Introduction to Low Mood
- Unhelpful Behaviours
- Unhelpful Thoughts
- Worry and Problem-Solving
- Assertiveness
- Preventing Relapse

**Back on Track is not focused on managing problems with anxiety**, although people who experience combined low mood and anxiety may find that they feel less anxious as a result of applying what they learn in this course.

The course will provide you with a framework for better understanding and managing low mood.

The course teaches techniques from Cognitive Behavioural Therapy (CBT), which has been proven to be effective in overcoming low mood.

# What can I expect?

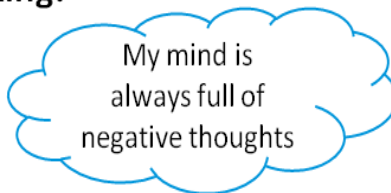
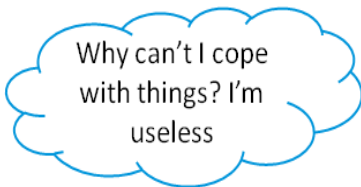
Back on Track involves a blend of online videos teaching core concepts, a workbook with more information and tasks to complete, and up to four brief video/phone appointments with a therapist. These appointments can help you to work through the material and answer any questions you have about what you are learning.

## Is it the right course for me?

### Do you:

- Struggle to find motivation to do daily tasks?
- Feel stuck and unsure of how to cope?
- Find it hard to do things you used to enjoy?

### Or catch yourself thinking:



Then it may be the right course for you.

### Back on Track is not suitable if you have:

- Severe depression
- Strong thoughts of suicide
- Complex long-term mental health problems

Information on how to book our courses is available online at:  
**[accesstherapiesfife.scot.nhs.uk](https://www.accesstherapiesfife.scot.nhs.uk)**

### **Contact details**

Email: **[fife.atfife@nhs.scot](mailto:fife.atfife@nhs.scot)**

Telephone: **01383 565427**

Leave a message on the answer machine and we will get back to you.

or write to us at:

### **Access Therapies Admin Team**

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