



UNIVERSITY OF
LIVERPOOL



U-CAN

HERE TO HELP YOU IMPROVE YOUR LEVELS OF STRESS,
ANXIETY AND PERSISTENT LOW MOOD GIVING YOU SKILLS
TO MANAGE YOUR MENTAL HEALTH

If you're feeling anxious, stressed or experiencing persistent low mood, U-CAN can be the first step to recovery.

U-CAN is a new 6-week Psycho-Social Education skills group, aimed to help you to develop skills which can positively impact how you manage your mental health using the 'Living Life to the Full' programme and low intensity CBT approaches, designed for those who are experiencing feelings of anxiety, stress and persistent low mood.

This group offer will be led by our team of Mersey Care Trust NHS Mental Health Nurses and Clinical Practitioners, who have partnered with universities in Liverpool to improve student access to mental health - and help make your University life a happier one.

In each session, you will look at ways to work on improving anxiety and stress levels or low mood, and to regain a sense of motivation and wellbeing. During the programme, you will have the opportunity to develop key life skills which can be used beyond the course.



Mersey Care
NHS Foundation Trust

Access to the service is quick and easy. If you feel ready to start, speak to your University Wellbeing Service.

Each session will take place on a Friday, 14:00 - 16:00 and attendance at all six sessions is expected.

During the programme, you will have the opportunity to develop key life skills which can be used beyond the course.

THE PROGRAMME CONSISTS OF:

SESSION 1: Understanding your feelings

SESSION 2: Doing things that make you feel better

SESSION 3: Looking at things differently

SESSION 4: Building inner confidence

SESSION 5: The things you do that mess you up

SESSION 6: 10 things you can do to feel happier

