

Enhanced Mental Health Primary Care Team (EMHPCT)

Working within local communities
to enhance mental health care

Mindfulness Drop-In Sessions



What is mindfulness?

Couldn't be simpler – just paying attention in the moment. This programme complements the Comprehend, Cope and Connect (CCC) way of making sense of life's challenges.

Why mindfulness?

It enables you to notice your thoughts and feelings, so that you do not need to be controlled by them.

You can take charge!

It is very useful for breaking well-worn habits and finding new ways of coping.



What will happen in the sessions?

After a very brief introduction to mindfulness, you will be invited to follow a script – to pay attention to something in the moment.

There will then be an invitation to feedback what you experienced.

We will also introduce different types of mindfulness that you can try on your own outside of this session.

When and where is this happening?

Join us when you can online via Teams via the QR code or simply click on the link below for a 20-minute session. No need to make a regular commitment.

MS Teams link - <https://shorturl.at/qxCST>

We are starting on 6th September 2023.

The sessions will be held every Wednesday at 12 noon.

Scan me to get the
Teams link!



Help us shape your care

Your feedback is really important to us as a Trust. It will help us get a clearer picture of what is happening in the community and help shape and improve the services.

Visit the link below to share your feedback with us. You can also scan the QR code using your phone. Open the camera and focus on the code, it will give you a link to our survey page.

<https://eu.surveymonkey.com/r/PrimaryCareFeedbackSurvey>

Scan me!



Created September 2023.

Leaflet produced by the Southern Health NHS Foundation Trust Communications Team.
SH02462.

OUR VALUES



People first



Partnership



Respect