

## Community Mental Health Services

This program will be offered in the following communities by Community Mental Health:

Montague	902 838-0960
Charlottetown	902 368-4430 or 902 368-4911
Summerside	902 888-8380
O'Leary	902 859-8781

To access this program, please contact the CMH clinic, or have your health care provider complete the program referral form and send it to your CMH clinic.

The clinic staff will contact you to discuss participation and confirm program start date and location.



## How to know if you are ready for this program?

- You are ready to make positive changes in your life, and want to learn how to manage depression, even if you aren't sure where to start
- You are prepared to attend all group sessions
- You are prepared to work on the material at home- attendance alone will not result in change
- You are prepared to keep the information about others confidential

## Health PEI

One Island Health System

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## Changeways<sup>®</sup>

***Practical Strategies for Personal Change:***

***Dealing with low mood and depression***



## Health PEI

One Island Health System

# Changeways®

The Core Program is designed to help you create positive change in your life. You will work with a trainer and other participants to learn and use skills to manage your mood and overcome depression.

The program has two main goals:

1. Provide information and strategies that help a wide variety of problems related to depression
2. To help you apply these ideas in your own life at your own pace to help you recover from depression

You will be provided with a manual. With the help of this manual and your program trainer, you will create a plan for carrying out the changes you want to make.

Program trainers are staff of Community Mental Health and may include nurses, social workers, psychologists, occupational therapists. The program is based on cognitive behavioral therapy principles, which have been shown to work for people who experience depression, and other conditions.



## Time for Change

### Program Contents

The Thought, Feeling, Behavior Triangle and Goal Setting  
Stress, Depression, and Lifestyle  
What is stress?  
What is depression?  
The sustaining lifestyle

Thinking about Thinking  
Styles of Distorted Thinking  
Handling Changes in Mood  
Overcoming negative Thinking

The Role of Social Life  
Your Social Network and Creating a Support Team  
Social Balancing  
Assertive Communication

The Road Ahead: Preventing Future Difficulties  
Plan ahead for stress  
The mood emergency action plan

### Benefits

Some common benefits people with depression have experienced:

- Reduced feelings of depression
- Decreased isolation
- Strategies to cope with relationship problems
- Learning to set and achieve realistic goals
- Strategies to prevent future difficulties with depression
- Ways to handle troubling thoughts and emotions
- A personalized plan that you can use to stay well or deal with mood problems in the future.

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