

## Guide to using the Living Life service

This guide provides information about Living Life and the psychological therapies offered by this service, to see whether this type of support would be helpful for you.

Psychological therapies are also known as talking therapies and are used to treat mood-related conditions. We offer six to nine sessions by telephone and it is most beneficial for people experiencing mild to moderate mood difficulties.

Living Life may not be suitable for those experiencing longer term or more chronic conditions as these are better managed through face-to-face treatment.

### Focus of Living Life

The Living Life team aim to help you understand your mood difficulties and develop ways of managing them in order to feel better. The emphasis is on the **here and now**. We do **not** focus on the past, however we do acknowledge the effect of past experiences and their impact on everyday difficulties. This allows you to understand why you think, feel and behave as you do currently. Below are the stages we work through with you, although they can often overlap.

#### First Step

Help you to understand how your mood is affecting you at this time.

#### Second Step

Together we develop tools and strategies that deal with those mood difficulties.

#### Third step

You try out these tools daily and we help you identify the support that improves your everyday life.



### What we need to make it work

Support from Living Life differs from traditional counselling. To achieve wellbeing one of the most important steps involves you actively working, along with the practitioner, to help overcome the problems you are facing and develop more useful ways of coping.

Living Life staff are here to support you to achieve better mental wellbeing. With active participation from you both during and between sessions, the full benefits from engaging with the service are more likely to be achieved.