

Anxiety – Dealing with difficult emotions



Course: Anxiety - Dealing with difficult emotions

This course is for people who experience anxiety. Anxiety is the most common mental health issue for Australian adults.

This course explains the difficult emotions that are associated with anxiety.

The course explains how anxiety works and explores how you might experience difficult emotions. The course offers healthy strategies to cope with difficult emotions and helps to place you in control of anxiety.

This course will be delivered by Metro South Health staff; one is a person with a lived/living mental health and/or addiction experience and the other is a clinical health professional.

Learning will take place through the sharing of stories and strategies, viewing videos, doing small activities and the provision of education and practical resources.

Duration: One session of 90 minutes.

What is a Recovery College?

The Brisbane South Recovery College is a learning space that will provide you with knowledge and skills to reflect on personal experiences, provide hope, build resilience, provide opportunities to connect with others and feel supported.

How to enrol

Option 1:

Go to the website

<https://metrosouth.health.qld.gov.au/mental-health/brisbane-south-recovery-college>

Click on 'How to enrol'.

Option 2:

- Contact us to request an enrolment form
- recovery.college@health.qld.gov.au

A team member will contact you to confirm your enrolment details and discuss if any support is required for you to attend.

Frequently Asked Questions

Is there a cost?

No. All courses are FREE of charge.

What happens if I cannot attend the course?

We understand that some people may find it difficult to attend a course. We are available to talk to you about any questions you may have and how we may be able to support you to attend and learn.

Do I need to be referred?

No. You do not need to be referred. As a student you can simply complete the enrolment form.

Contact Brisbane South Recovery College

- recovery.college@health.qld.gov.au