

Joining Forces™

Changes

A service for
ex-armed forces

Simple steps to
staying well
&
getting on
with your life



3x2 1/2 hours
Wellness
Programme

6x2 1/2 hours
Peer Group
Support
Meetings

Supporting you on Civvy Street!

office:

01782 413101

mobile:

07858 791376

joiningforces@changes.org.uk

Working in partnership to meet your mental health needs.



South Staffordshire and
Shropshire Healthcare
NHS Foundation Trust

NHS



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ex-armed forces*

**3x2 1/2 hours
Wellness Programme**

**6x2 1/2 hours
Peer Group Support Meetings**

Wellness Programme

- The 'think-link' introducing CBT
- Understanding & managing Stress, Anxiety and Depression
- Cultivating healthy thinking
- Tips on exercising and eating well
- Changing the way you feel

Support Meetings

- Improving self-image and self-esteem
- Assertiveness
- Anger management
- Emotional literacy and intelligence
- Motivation and goal setting
- Social wellness determinants



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