

HOW TO GET STARTED

STEP 1

Visit
www.LLTF4Suffolk.com

STEP 2

Complete the **Mood quiz**

STEP 3

Register and
Change Your Life

wellbeing
Helping you live your life



USE IT YOUR WAY

1

By yourself

Receive access to courses and online resources. Optional weekly emails for 12 weeks.

2

Or receive friendly professional support from the local Wellbeing team.

Physical copies of the course book are also available via Books on Prescription at your local library.

PROBLEMS LOGGING IN?

Error Reporting

Please use the Contact Us form on the website with:

- A screen shot of your problem or error message.
- The email address you registered with.
- The code you are using or have been provided.
- What action you expected and what actually happened.

About the Author

British Medical Association Medical Book and Royal Society of Medicine award winning author Dr Chris Williams is Emeritus Professor of Psychosocial Psychiatry at the University of Glasgow, Scotland and Director of Five Areas Ltd. He is also past President of the British Association for Behavioural and Cognitive Psychotherapies (BABCP) the lead body for CBT in the UK.

His main interest is in the area of Cognitive Behavioural Therapy (CBT) and in particular in looking at ways of delivering this approach more widely. He has developed many book and computer-based self-help treatments and is a well-known CBT trainer and teacher.

ARE YOU...
LIVING LIFE TO THE FULL?

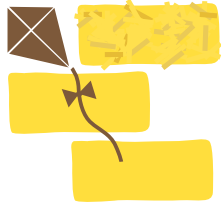
ONLINE SUPPORT FOR FARMING COMMUNITIES



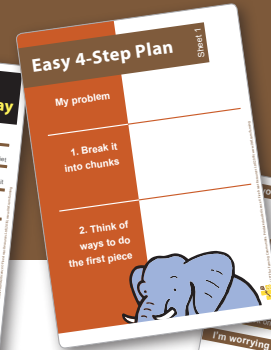
wellbeing
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Suffolk Wellbeing has a number of adapted courses for those working within the farming community.



Living life to the full for Farming Communities



Online Course Modules:

Course 1: Living Life for Farming Communities

'5 modules to bring about key changes in your life'

Module 1: Understanding your feelings

Module 2: Doing things that make you feel better

Module 3: Looking at things differently

Module 4: How to fix almost everything

Module 5: Tension control training

Course 2: Understanding Feelings

'Look at common scenarios that can affect how we feel and how to turn the situation around'

Worksheets, Online books, Optional and You Time modules available.

Find out more. Visit: www.LLTF4Suffolk.com

