
East Kent

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Coping in a Crisis Workshop

Sometimes it can be hard to take action when you experience a mental health crisis.

Our Coping in a Crisis Workshop will help you identify the difference in how you feel when you are well and unwell and help you to identify what a crisis means for you.

This workshop also helps you to identify patterns by tracking your mental health and identifying what increases your distress and how you can make a plan to put extra support in place during pressured times.

Using group work, exercises and discussion this workshop gives ideas and advice on how to manage self-care, where you can get help when necessary, and how to develop a plan that will allow you to maintain some degree of control over your life.

Email: info@eastkentmind.org.uk or call 0795 060 8827
or book online at: eastkentmind.org.uk