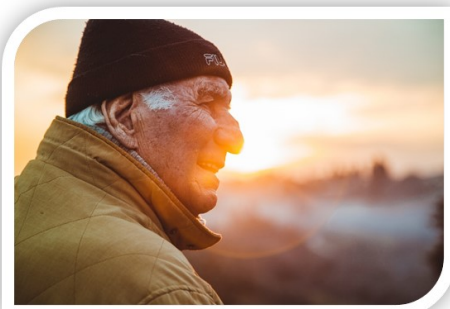


People can experience difficulties with low mood or anxiety at any age.

**Later life is no exception!**

Mood difficulties are often accompanied by uncomfortable thoughts and feelings, as well as tiredness, aches and pains. Sometimes these difficulties are relatively short-lived. However, at other times they may be more prolonged.

At these times a person may find it harder to do some of the things they used to.



The **GOOD** news is that there are a range of psychological (talking) therapies that Steps 2 Wellbeing can offer to people to better understand and more effectively manage low mood, anxiety or stress.

These are aimed at recognising and boosting any helpful strategies that you may already have as well as supporting you to develop new ones.

Seeking support takes courage and is not a sign of weakness. There is a wealth of evidence that shows that taking action and talking to someone could make us **FEEL BETTER! The process of continuing to learn and develop skills is beneficial for our minds and bodies at all ages!**



It is important to recognise that this sort of therapy does not aim to get rid of uncomfortable thoughts and feelings (even though the experience of these is OFTEN reduced after therapy). Instead psychological therapy aims to help a person to better understand and more effectively manage their distress better (e.g. to build skills to assist them with anxiety/low mood/stress management). In turn, this often helps a person to be more able to get on with living their life, wherever they may be in it!

**To self refer to our  
FREE talking therapies  
service. Call:**

**Weymouth,  
Portland,  
Mid/North Dorset**  
**03007906828**

**Poole, Purbeck &  
East Dorset**  
**0300 1231120**

**Southampton**  
**0800 612 7000**

**Bournemouth &  
Christchurch**  
**0300 790 0542**

**When it comes to  
Talking– Age is  
Just a Number!**

