MANCHESTER 1824
The University of Manchester

January – March 2027



THE UNIVERSITY OF MANCHESTER
MENTAL HEALTH SUPPORT TEAM

GROUP AND WORKSHOP PROGRAMME
FOR STUDENTS AND STAFF

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Scan to view and book workshops

January – March 2027

www.mentalhealthsupport.manchester.ac.uk

Sessions take place either Face-to-Face (F2F) or online via Teams.
Please check website and email communications for latest updates.

PRO = Practitioner-Referral Only **CBT** = Cognitive Behavioural Therapy **UG** = undergraduate **PG** = postgraduate

SELF-REFERRAL/PRACTITIONER-REFERRAL WORKSHOPS
IN PARTNERSHIP WITH MY LEARNING ESSENTIALS

Book through My Learning Essentials page (please note that these courses are advertised one month in advance):
https://www.library.manchester.ac.uk/training/my-learning-essentials

These sessions will be F2F in Alan Gilbert Learning Commons or online via Teams.

Day	Workshops	Date	Time	Available for	Type
Thursday	(W) Challenging unhelpful thinking habits	Every 3 weeks, Thursday 4 February – 18 March (one-off workshops)	3pm – 4.30pm	PG and UG	F2F

GROUPS AND WORKSHOPS

To book: please complete the registration form on our website:
https://www.mentalhealthworkshops.manchester.ac.uk/workshops

Please note groups marked PRO are via PRACTITIONER-REFERRAL ONLY.

Face to Face groups and workshops take place in the Simon Building (LGR) and Crawford House (CS1 & CS2) – see page 5 for details. Online session via Teams.

Day	Groups and Workshops	Date	Time and location	Available for	Type
Monday	Understanding worry and anxiety (PRO,CBT) (G)	4 week group, beginning 15 February	11am – 1pm (LGR)	PG and UG	F2F
	ACT on low mood (W)	1 February and 15 March (one-off workshops)	2pm – 3.30pm (CS1)	PG and UG	F2F
	ACT on low mood (W)	22 February (one-off workshop)	2pm – 3.30pm	PG and UG	Online
	Breathwork for resilience and self-support (W)	1, 15 February, 1, 8 March (one-off workshops)	12 noon – 1pm (CS1)	PG, UG and Staff	F2F
	Understanding and managing intrusive thoughts (W)	1 March	2pm – 4pm (CS2)	PG and UG	F2F
	Urge surfing (W)	8 March	2pm – 3pm (CS2)	PG and UG	F2F
Tuesday	Autism-friendly self-care skills (PRO) (G)	4 week group, beginning 16 February	10am – 12 noon (CS1)	PG and UG	F2F
	ADHD-friendly self-care skills (PRO) (G)	4 week group, beginning 16 February	1pm – 3pm (CS1)	PG and UG	F2F
	Bereavement and Loss (PRO) (G)	4 week group, beginning 16 February	2pm – 4pm (LGR)	PG and UG	F2F
	Managing anxiety 1: Understanding the causes and impact of anxiety (W)	9 February and 9 March (one-off workshops)	12 noon – 1.30pm	PG and UG	Online
	Managing anxiety 2: Ways to manage anxiety (W)	16 February and 16 March (one-off workshops)	12 noon – 1.30pm	PG and UG	Online

G Groups W Workshops

Groups and Workshops continued >

GROUPS AND WORKSHOPS

Day	Groups and Workshops	Date	Time and location	Available for	Type
Wednesday	Improving self-esteem (PRO, CBT) G	5 week group, beginning 10 February	2.30pm – 4.30pm (LGR)	PG and UG	F2F
	Disordered eating: Skills for recovering and resilience (PRO) G	4 week group, beginning 17 February	12 noon – 2pm (CS2)	PG and UG	F2F
	Understanding trauma: Creating safety and connection (PRO) G	5 week group, beginning 10 February	2pm – 4pm (CS2)	PG and UG	F2F
	Emotional regulation (PRO) G	4 week group, beginning 17 February	2pm – 4pm (CS1)	PG and UG	F2F
	Finding Balance at a Time of Stress W	24 February	11am – 12.30pm (LGR)	PG and UG	F2F
Thursday	Managing social anxiety group (PRO, CBT) G	4 week group, beginning 18 February	2pm – 4pm (CS1)	PG and UG	F2F
	Improving low mood with CBT (PRO, CBT) G	5 week group, beginning 11 February	2pm – 4pm (CS2)	PG and UG	F2F
	An Introduction to understanding my trauma and how to cope (PRO) W	11 March	2pm – 4pm (LGR)	PG and UG	F2F
	Understanding low self-esteem: How it develops and how to improve it W	11 March	2pm – 4pm	PG and UG	Online
Friday	Understanding and maintaining positive relationships (PRO) G	5 week group, beginning 12 February	2pm – 4pm (CS1)	PG and UG	F2F
	Mindfulness meditation W	Weekly, 5 February – 19 March (one-off workshops)	1 pm – 1.45pm (LGR)	PG, UG and Staff	F2F
	Managing acute and ongoing stress W	5 February and 12 March (one-off workshops)	9.30am – 10.30am	PG, UG and Staff	Online

G Groups W Workshops

Groups and Workshops information >

How do groups and workshops help?

A lot of the work of the University of Manchester Counselling and Mental Health Service is done in groups or workshops: working in a group can be the best form of help for some people and some difficulties.

The practitioner you see at your first appointment may suggest you join one of our groups or workshops, or you can ask about this yourself. Workshops are generally one off sessions, psycho educational and skill based. Groups have a more therapeutic element and are over a series of sessions with the same participants each week.

Sometimes people join a group after they have explored some of the underlying issues in individual counselling. Being in a group may then be a further opportunity to practise recognising when ways of thinking or behaving are unhelpful and may be an opportunity to experiment with new ways of thinking etc.

Sometimes people go to groups and workshop instead of having individual sessions. Working in a group is a great way to gain new perspectives and make changes.

People often think that they have to tell all of their deepest thoughts, feelings and secrets to the group. This is not the case – all of our groups are structured and focused on helping you make the changes you want. Each individual decides what, how much, and when they share what is troubling them with the group.

Some of our workshops are more like classes and psycho educational, where you will be able to learn helpful skills.

What are the ground rules for my participation in Mental Health Support Team groups?

Groups are facilitated and set up in a way that means that they are safe, ie the content of the group sessions is confidential; what members talk about or disclose is not discussed outside the group. If a group is to be effective, your commitment to the following is important:

- It is important you try to attend all of the group sessions.
- If you are going to miss a session, please let us know.
- Please try to keep to the times set for the group-particularly the start time.
- Confidentiality is important in all the Mental Health Support Team work.

Room Locations

Large Group Room (LGR) – Room 1.63 is located on the first floor of the **Simon Building** and forms part of the Wellbeing suite: Simon Building, Brunswick Street. This is where larger groups and all mindfulness and relaxation sessions are held. Look for the yellow wall on the first floor and large sign saying Wellbeing Rooms.

CS1 – Room 5.004 is located on the fifth floor, Mental Health Support Team, **Crawford House**. Use Central and West Entrance on Booth Street East. Turn right from lift/stairwell.

CS2 – Room 5.1 is located on the fifth floor, Mental Health Support Team, **Crawford House**. Use Central and West entrance on Booth Street East. Turn right from lift/stairwell.

Map: **www.manchester.ac.uk/discover/maps/interactive-map**

Scan to view the interactive map

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www.mentalhealthsupport.manchester.ac.uk

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