

Mindfulness Course for depression adapted for people with fatiguing health conditions

A free 11-week course for people with current or previous depression who are also living with a fatiguing physical health condition, such as CFS/ME or Post-Covid Syndrome

When, Where, Who

Weekly online 1.5-hour long sessions at 10.30am on Mondays from 13th January 2025

For people as above aged 18+ and registered at a GP practice in the Tees, Esk and Wear Valleys Trust area (This includes County Durham, Darlington, Teesside and most of North Yorkshire, York and Selby)

To find out more please come along to our taster session as follows:

10.30 - 12 midday on Monday 25th November 2024 online

Please click on the link to apply: [TASTER SESSION for the 11-Week Adapted MBCT Course](#)

For further information you're welcome to contact us or look at our webpage:

Email: tewv.mindfulness@nhs.net

Tel: 01325 552017

Web: <https://www.tewv.nhs.uk/about-your-care/treatments-therapies/mindfulness-cognitive-therapy/>

