

The Wellcome Group



The Wellcome Group stands for:

WELLbeing, **CO**ping and **Me**ntalization.

The group is for Young Adults aged between 18 – 21. However some group members may be slightly younger (17.5) or slightly older depending on their involvement with Mental Health Services.

What are the aims?

- To learn more about Personality difficulties and how to cope with emotions and life stressors.
- To support young adults to develop their reflective capacity.
- To enable group members to move back into mainstream life i.e. college or work once they have completed the programme. This is to avoid encouraging life-long involvement with Mental Health Services.

How is the Group set up?

The Group programme runs for up to 6 months and consists of the following modules:

1. Personality Disorder and the 3 P's
2. Coping Strategies
3. Relationships
4. Adolescent Brains and Adult Brains
5. Emotions
6. Life skills

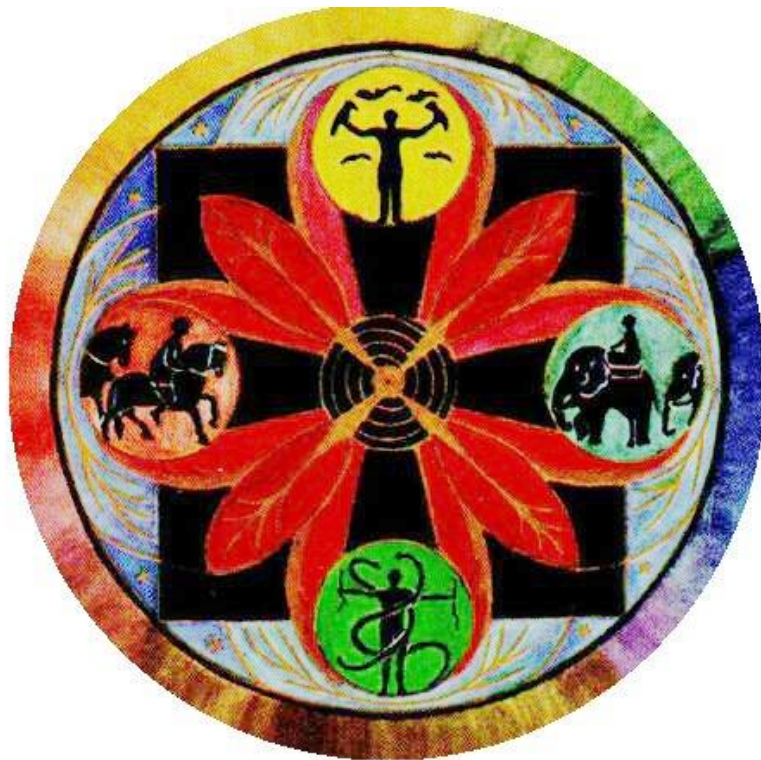
Alongside there will be a monthly activity session including outdoors activities, art, games and Individual reviews. New members will join during the monthly activity session.

Further information

www.emergenceplus.org.uk

www.rethink.org/diagnosis-treatment/conditions/borderline-personality-disorder/treatments

www.nhs.uk/Conditions/Borderline-personality.../Treatment.



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