

STEP

Short Term
Educational
Programme

NHS


**Sheffield Health
and Social Care**
NHS Foundation Trust

▶ Short Term Educational Programme

Information leaflet

We provide a variety of free courses that are specially designed to support your mental health.






The Short Term Educational Programme, also known as STEP, offers a variety of psycho-educational courses for people in Sheffield who want to learn new ways of looking after their mental health and emotional wellbeing.

All of our courses have been carefully designed by our team of experts to help you self-manage your mental health.

Every session is facilitated by experienced staff, alongside volunteers and experts by experience.

Many of our volunteers have completed the courses we run and can offer you a unique insight into the techniques we'll teach you.




How do I know if it is for me?

If you would like to attend one of our courses you need to be:

- Willing to try new skills and coping strategies.
- Able to attend all or most of the sessions.
- Willing to be positively challenged.
- Able to manage being in a group for up to two hours.
- Willing to work and reflect inbetween sessions.
- Able to attend courses on a week day between 9am and 5pm.
- Willing to listen and respect other people's views and opinions.

If you're not sure if our courses are for you, you can speak with the team before you agree to be referred.

Just give us a call on [0114 226 2660](tel:01142262660) and ask to speak to a course facilitator.



Our courses

We currently offer five courses.

Bipolar Self-Management

This course aims to provide support to people with a diagnosis of Bipolar Disorder and explore the different ways to self-manage your symptoms.

We hold a two hour session every week for nine weeks.

Understanding Borderline Personality Disorder/ Emotional Sensitivity

Running over four weeks this course focuses on understanding the experiences associated with Borderline Personality Disorder, Emotionally Unstable Personality Disorder and emotional sensitivity.

We'll focus on discovering different ways to better manage these experiences.

Understanding Insomnia and Improving Sleep

New for 2020, this course explores the possible causes of Insomnia and aims to help

you develop strategies to improve your sleep.

The course runs for five weeks.

#STEPforward

The #STEPforward programme is specially designed for young people aged 16 to 25 who are struggling with a range of mental health difficulties.

Over eight sessions we'll explore everything from goal setting and self-compassion, to social media and Mindfulness.

Recovery Education Programme

This course explores ideas around recovery, helps you build on your strengths and empower you to move forward with your life.

Over eight sessions you'll develop your own recovery plan to help you better manage your mental health.

How to access our courses

If you would like to attend one of our courses you need to discuss it with your GP or mental health worker first.

They will need to refer you to the course.

Once we have received your referral we will get in touch with you to offer you an enrolment appointment where we'll go through everything involved in the course.

You'll have the chance to ask any questions you may have and we'll give you practical information like how to find us, where to park and details on public transport.

Get in touch

Our courses run at various times throughout the year.

If you would like to find out more about one of our courses you can get in touch with us using the below contact details:

Address

Short Term Educational Programme
Fourth Floor
The Circle
33 Rockingham Lane
Sheffield
S1 4FW

Telephone

0114 226 2660

Website

To find out more visit www.shsc.nhs.uk/step