



The Solutions Group

*Greater Glasgow Primary Care NHS Trust
Mental Health Division*



What is the
Solutions' Group

Information for Participants

This leaflet provides you with some information about the Solutions Group.

How can the
Solutions Group
help me?

This group will meet once per week. The day and time of the Solutions Group in your ward is noted on page 2 of this leaflet. You are very welcome to take part.

About the Solutions Group.

What do I have to
do in the group?

The Solutions Group is a new group which is aimed at helping you to take positive steps towards your recovery.

this is linked to the progress you are making.

Through conversation you will be helped to become more aware of how you are making progress.

This approach builds on the solution-finding work you will be doing with the nursing staff in your one-to-one sessions.

You will also come to recognise how speaking about things has an effect on how you feel, and how

The atmosphere of the group will be relaxed and informal and you will be able to speak as and when you wish.



The role of the nurses in the group.

Two nurses will lead the group. They will be there to get the conversation started and to give you some support while you talk and listen.

Remember though that the Solutions Group is

your group. The nurses are there to make you feel comfortable. Tell them at the end of each group how you felt about things. They will be keen to hear what you think.

What else do I need to know at this stage?



"You are very welcome to take part."

"...you will be able to speak as and when you wish."

If you have any questions about the Solutions Group Please ask your Named Nurse (*sometimes called your Keyworker*) or any other member of the nursing team.

We look forward to meeting you at the group and we think that you will enjoy taking part and also find it helpful.

The Solutions Group in your ward is held on: -

Day:

Time:

Venue