



Who is this Program For?

This group may be helpful if you:

- Feel overwhelmed by stress or emotions
- Experience anxiety or depression
- Struggle to cope during difficult times
- Feel stuck or avoid problems
- Want practical tools to improve your wellbeing

 (07) 4632 4688

 admin@momentummentalhealth.com.au

 112 Russell Street, Toowoomba, 4350

What is the Dealing with Distress Program?

A 16-week structured group therapy program that teaches effective, evidence-based skills to help you:

- Manage overwhelming emotions
- Reduce anxiety, stress, and low mood
- Cope better during difficult situations
- Improve relationships and communication
- Build a more meaningful and purposeful life

This program combines:

- Dialectical Behaviour Therapy (DBT)
- Acceptance and Commitment Therapy (ACT)
- Self-compassion and mindfulness approaches



DEALING WITH DISTRESS (DWD) GROUP PROGRAM

Are you feeling
overwhelmed, stressed, or stuck?

Life can sometimes feel too much — intense emotions, constant worry, or feeling out of control. This group is designed to help you build practical skills to cope, regain control, and move forward.

FREE AND ONLINE





Program Details

- Duration: 16 weeks
- Session Format:
 - 90-minute group session
 - Optional 30-minute check-in after group
- Group Size: Small and supportive

Facilitator: Registered Psychologist

What to Expect

- A safe, respectful, and non-judgmental space
- Practical tools you can use in daily life
- Guided exercises and skill-building
- Weekly strategies to help you create lasting change

What You Will Learn

Understanding Emotions

Learn why emotions happen and how they influence your thoughts and behaviour.

Mindfulness & Staying Present

Develop skills to stay grounded and reduce overthinking.

Distress Tolerance Skills

Handle crisis moments without making things worse.

Emotion Regulation

Manage mood swings and reduce emotional vulnerability (including sleep and routine).

Managing Thoughts

Learn how to step back from unhelpful thinking (defusion skills).

Self-Compassion

Reduce self-criticism and learn to treat yourself with kindness.

Values & Meaning

Discover what truly matters and build a life aligned with your values.

Relationships & Communication

Set boundaries and improve assertiveness.

Acceptance & Letting Go

Understand “clean pain vs dirty pain” and learn how to let go of unnecessary suffering.

Why Join This Group?

This program is designed to help you:

Feel more in control of your emotions

Respond instead of react

Build resilience

Improve your relationships

Live a more meaningful and balanced life

How to Get Started

To join or find out more:

Contact Momentum Mental Health:

Speak with your GP or clinician for referral



Scan the QR code for more information



1. <https://belmontprivate.com.au/treatments/dealing-with-distress-program/>
2. <https://southeasternprivate.com.au/treatments/dealing-with-distress-day-program/>
3. <https://deakinprivate.com.au/treatments/dealing-with-distress/>
4. <https://www.todaypsychology.com.au/brisbane-psychologist-group-therapy>
5. <https://www.getselfhelp.co.uk/docs/DealingwithDistress.pdf>