DEPRESSED OR ANXIOUS?

8-WEEK GYM PASS WITH PERSONAL TRAINER AVAILABLE TO BOOST YOUR MOOD.

COUNSELLING AND MENTAL HEALTH SERVICES
LONDON’S EVENING UNIVERSITY
Effects of exercise on mental health and wellbeing
The National Institute for Health and Care Excellence recommends that people with mild to moderate depression take part in about three exercise sessions per week, lasting about 45 minutes to one hour, over 10 to 14 weeks (NICE, 2009).

We know that exercise can be as effective in treating depressive symptoms as talking therapies or antidepressants (Cooney et al, 2013) and in improving the lives of those suffering with anxiety (Anderson et al, 2013). Research also shows that exercise can reduce mood swings, depressive symptoms and raising self-esteem and confidence.

What are we offering?
The Counselling and Mental Health Services have teamed up with the nearby YMCA Club (central London’s largest gym) in order to offer 8-week gym memberships to some students who suffer from depression and anxiety. You will need to meet certain criteria and as this will be part of a research project we’d like to monitor your progress throughout, so a commitment to making full use of the offer is required.

How to take part?
Email us at counselling-services@bbk.ac.uk quoting 'Mind Body Matters' (Conditions apply & limited spaces)