



## Changing Lanes, Mental Health and You

### What is Changing Lanes?

Changing Lanes uses cognitive behavioural technique (CBT) to assist people to identify, analyse and challenge their thinking and behaviours. The program is particularly useful for people who experience depression or anxiety, however the program is also useful to people who are seeking to improve the way they think, feel and react to situations.

### Potential benefits of the program

Changing Lanes may benefit you by providing you with a greater understanding of the link between thoughts, feelings and behaviour and by improving your mood and overall quality of life.

Specifically, the goal of the program is to learn ways of identifying and disputing negative thinking patterns and promoting a more balanced way of thinking. You will also learn relaxation techniques that can assist you in managing your mood and changing your reactions to situations.

### How is the course structured?

Changing Lanes is run in groups of approximately 8-10 persons, and runs for 2 hours per week for six weeks. It is facilitated by a Psychologist and is free of charge.

### How do I get involved?

Participants must be a registered client of Positive Directions, be able to commit to the course, be interested in participating with other people to improve their psychological health and not be experiencing a psychological illness that may interfere with their ability to focus during sessions (e.g., unmanaged Schizophrenia).

In addition, Changing Lanes is held across the state at various locations close to transport. Check with your local Positive Directions team for more details.

### Who do I contact?

If you are interested in Changing Lanes, you can talk about it with your local Positive Directions team. Their contact numbers are located above.

You can also contact the Positive Directions Mental Health Advisor on 07-3900 8000.

If you are outside of Brisbane metropolitan areas, please call 1800 422 313.

### About

#### Positive Directions

Spiritus Positive Directions is funded by Queensland Health to provide a state-wide care co-ordination, information and referral service for People Living With HIV (PLHIV) in Queensland.

### Locations

#### Brisbane

101a Watson Street  
Camp Hill QLD 4152  
PO Box 3387  
Norman Park QLD 4120  
Ph 07 3900 8000  
Fax 07 3843 4962

#### Gold Coast

18a West Street  
Burleigh Heads QLD 4220  
PO Box 590  
Burleigh Heads QLD 4220  
Ph 07 5576 8366  
Fax 07 5535 2166

#### Sunshine Coast

Level 2, 15 Sydney Street  
Nambour QLD 4560  
PO Box 344 Nambour  
Qld 4560  
Ph 07 5441 1222  
Fax 07 5441 1566

#### Townsville

Level 3, 155 Denham Street  
Townsville QLD 4810  
PO Box 5186  
Townsville QLD 4810  
Ph 07 4721 1384  
Fax 07 4724 2491

#### Cairns

3b/151 Martyn Street  
Cairns QLD 4870  
PO Box 2975  
Cairns QLD 4870  
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