

Guided Self-Help

One-to-one support to access self-help materials

www.health-in-mind.org.uk



Who is this service for?

Anyone experiencing mild to moderate anxiety or depression, stress or insomnia.

What does it involve?

A guided self-help practitioner provides one-to-one support to enable you to make positive changes in your life that will allow you to better manage your issues now and in the future.

How long does it take?

You will have an initial assessment lasting around one hour, then three further sessions (usually a few weeks apart). You will be encouraged to work through personalised self-help materials in between sessions.

How can I access this service?

This is a free service, please speak to your GP for a referral.

Further information

To find out more please call **0131 225 8508**;
e-mail **contact us@health-in-mind.org.uk**
or visit **www.health-in-mind.org.uk**

"I felt like I was trapped in a vicious circle and had no way of changing how depressed I was feeling.

I now know ways I can stop this and have tools to help me manage my feelings."