

# The Health in Mind service is provided in partnership by:

## Sussex Partnership NHS Foundation Trust

Sussex Partnership NHS Foundation Trust provides specialist mental health, substance misuse and learning disability services across Sussex.

[www.sussexpartnership.nhs.uk](http://www.sussexpartnership.nhs.uk)

## Turning Point

Turning Point is an independent social care organisation providing services in the UK across mental health, learning disability, substance misuse and employment.

[www.turning-point.co.uk](http://www.turning-point.co.uk)

**Health in Mind services are free for the residents of East Sussex.**

**Health in Mind is part of the Improving Access to Psychological Therapies Programme (IAPT).**

IAPT is a country wide government initiative to improve access to Talking Therapies.

## How to access Health in Mind:

You can access Health in Mind either by asking your GP to refer you to the service, or contact Health in Mind directly in one of the following ways:

Telephone:

**0300 00 30 130**

Lines open Monday to Friday, 9.00am to 5.00pm

Email:

**[spt.healthinmind@nhs.net](mailto:spt.healthinmind@nhs.net)**

Visit our website:

**[www.healthinmind.org.uk](http://www.healthinmind.org.uk)**



If you require this document in another format such as large print, audio or other community languages please contact: 0300 00 30 130



Finding it hard to think positively?

Feeling stressed?

Not performing your best at work?

Wishing things could be different?

Lacking motivation?

# Are you OK?

Strained relationships?

Life feeling hard?

Feeling under pressure?

Have a lot on your plate?

Less time for things you enjoy?

We all go through low points at times in our lives and it is not unusual to experience symptoms such as stress, anxiety and depression.

## What is CBT?

Cognitive behavioural therapy (CBT) is a relatively short-term, focused psychotherapy for a wide range of problems. CBT addresses your feelings, your thinking (or cognitions) and what you are doing (your behaviour). You and your therapist will work together focusing on improving your life in the here and now.

Many studies have demonstrated that CBT is as effective as medication for depression, anxiety, obsessions and fears. Also because you learn self-help techniques, you are more likely to be able to maintain the improvement after therapy.

**“The service you offer and have delivered has been nothing short of excellent. The therapist has been patient, kind and a very good listener and has managed to give me the tools I needed to turn my life around.”**

## What kinds of problems can CBT help with?

Research has shown CBT to be effective, particularly for the following:

- Anxiety & panic attacks
- Phobias
- Depression
- Obsessive compulsive disorder (OCD)
- Health anxiety
- Post-traumatic stress disorder
- Low self-esteem
- Anxiety & depression in the context of long term physical health problems

## What to expect...

You start CBT by mapping out the problem and what keeps it going so you can see what needs to change to make things better. As the therapy is time limited we will help you decide which goals to focus on at this time.

At the beginning of each meeting you and your therapist will set an agenda. This is to make sure you talk about those things which are important in helping you progress.

You will also agree on how to take things forward until the next meeting so you can put into practice what you learn in therapy. Research shows that people who carry out ‘homework’ get better faster and stay better longer.

**“I liked the practical nature of CBT and feeling like I was really participating in my treatment. I was treated with professionalism, sensitivity and respect throughout my therapy. It couldn’t have been better.”**