

IS CBT FOR YOU?

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What is CBT?

Cognitive Behavioural Therapy (CBT) is semi-structured; your therapist will help you focus on and understand the link between your thoughts and behaviours, and how this impacts how you feel. You work towards an agreed goal and learn coping skills for dealing with different problems.

Please note- CBT is not suitable support after a bereavement, however counselling could help with this.

What is counselling?

Counselling is more of an open space to talk things through in your own way at your own pace, it can be a great way to explore your thoughts, attitudes and beliefs, approach the challenges you might be facing and discover your strengths. You can talk about whatever you like; your counsellor is there to help you find your own way forward.

CBT is most helpful for...

- Anxiety (worrying a lot, fearing certain situations, panic, PTSD, flashbacks)
- Low mood
- Sleep problems
- Low self-esteem
- Difficulty managing stress
- Obsessive Compulsive Disorder

Anyone matched up with a CBT practitioner will have a first session where they will check it is the most helpful support for you; if not they will help you get matched up with something better.