



What is Guided Self Help?

A short guide to your recovery

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Guided self-help is a low intensity therapy which is recommended by the National Institute of Clinical Excellence (NICE) as a first step treatment for many common mental health conditions. It is based on the principles of Cognitive Behavioural Therapy (CBT) and is delivered by psychological wellbeing practitioners (PWP).

Guided self-help uses the principles of CBT to help you to develop tools and coping strategies for managing depression or anxiety. The idea behind CBT is that what you think and what you do affects the way you feel, both physically and emotionally.



Guided self-help involves working through self-help materials specific to your difficulties with support from a psychological wellbeing practitioner. This involves up to 6, weekly, 30-minute treatment sessions.

What should you expect?

During treatment, your PWP will:

- + Introduce you to self-help materials and assist you in getting the most from the treatment.
- + Help you to tackle negative thoughts you may have about yourself and the world.
- + Encourage regular exercise and activity which can help you to feel better.
- + Support you to stay in work or to return to work.
- + Complete regular questionnaires to aid with recovery and presenting difficulties.