

What people have said

“ The video chat functionality made it easy to communicate, and the website was easy to use with answering questionnaires and messaging my therapist. This was my first experience of CBT, and I have found it really useful in helping think about things differently and understanding the link between my thoughts and my feelings.

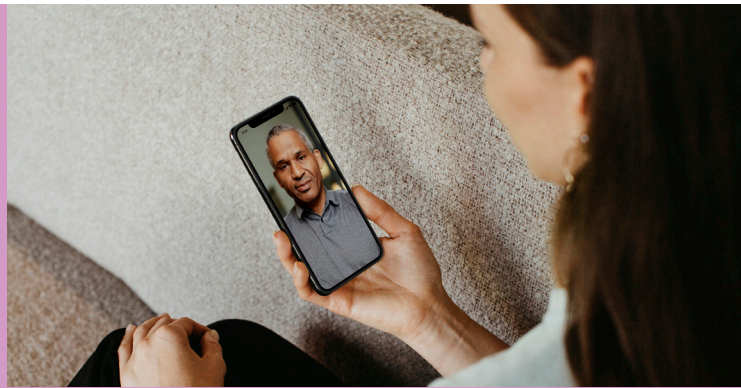
Anon review, Trustpilot

“ Really easy to use digital platform ensuring I had help whenever I needed it. The face-to-face sessions were really helpful, the therapist offered lots of support and tools.

Rachael, Trustpilot review

“ I was desperate for help I had really bad anxiety and depression, the online therapist I had was really helpful for me and patient as I was struggling to cope. She taught me things which was very helpful and easy to do. I can now look back on our sessions and together as a reminder of how I was to how I am coping now. And it's private and well structured, I would definitely recommend.

Wendy, Trustpilot review



Take your first step in recovery

Join the tens of thousands of people who've already used our one-to-one online therapy to help themselves feel better.

Mindler is working in partnership with the NHS. Your NHS Talking Therapies service will discuss the option of video therapy with you and make a referral to Mindler where suitable.

Mindler treats a range of common mental health conditions including:
Anxiety and worry • Low mood • Depression • Stress
• PTSD • OCD • Phobias • Sleep disorders

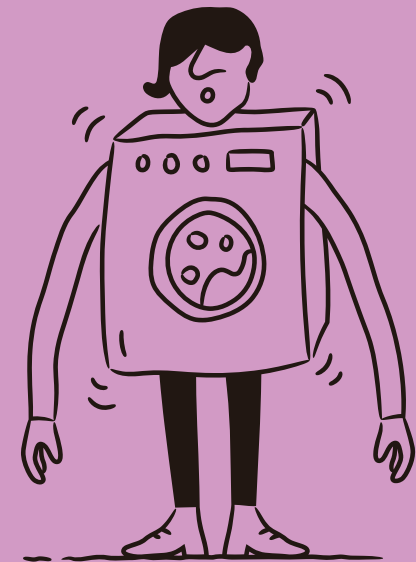
To be eligible for video therapy through Mindler, you must be aged 17 or over and registered with a GP in Berkshire.

Service provided by
MINDLER

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Feeling worried? Stressed out? Anxious all the time?

Try video-based cognitive behavioural therapy with Mindler. It's available free through the NHS.



NHS

Talking Therapies

Why video therapy?

Video cognitive behavioural therapy (CBT) works just like traditional face-to-face therapy - the only difference is that you speak with your therapist securely online instead of sitting in the same room. Many people find it easier to express themselves more openly over a one-to-one video platform than they might in person.

How does it work?

CBT is an effective treatment for managing feelings of anxiety and worry, depression, and common mental health conditions. Through one-to-one video conversations with your therapist, learn practical skills to use day-to-day to help manage your feelings.

Before each session, your therapist will check in with how you are, so they can tailor your treatment to be as effective as possible. Between sessions, your therapist will ask you to keep a journal and do thinking exercises to help develop positive, long-term habits. Research shows a little work leads to better recovery and can help keep you feeling well after your therapy sessions have ended.

Cognitive behavioural therapy (CBT) is delivered via one-to-one 45 to 60-minute video conversations with a qualified therapist.

Video therapy allows you to access appointments from anywhere you feel most comfortable. All you need to do is find a private space and somewhere you can connect to the internet. You will need to ensure you can access the camera and speaker on your mobile phone, laptop or tablet.

What we can help with

Mental health issues can affect all of us in different ways. Mindler therapists are fully qualified to treat a wide range of common symptoms.



Anxiety and worry



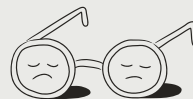
Stress



Sleep problems



Panic attacks



Depression



Fears and phobias



Obsessive compulsive disorder (OCD)



Post-traumatic stress disorder (PTSD)

And even if you don't identify with any of these terms, our video therapy can be helpful should something significant happen in your life. Things like losing a job, negative feelings after having a baby, or being diagnosed with a health condition.

The benefits of video therapy

Like face-to-face CBT, you will have one-to-one sessions with a qualified therapist through Mindler's secure online platform.



Flexible

Appointments available 7 days a week, 6am - 11pm.



Time-saving

No need to travel to your appointment.



Accessible

All you need is a comfortable private space and mobile device/ good internet connection (4G or Wi-Fi).



Confidential

Video chat with your therapist in real-time via a secure online platform.



Support between sessions

Message with your therapist in-between video sessions.



Guidance beyond therapy

Learn practical skills that you can use in real life.



Access to previous sessions

Listen back to audio recordings from your sessions so you can revisit your therapy for reinforced learning.