

## Guided self-help video transcript

0:00:01.920,0:00:08.480

Guided self-help provides cognitive behavioural Therapy, also known as CBT, in the one-to-one

0:00:08.480,0:00:14.080

sessions with a therapist alongside our series of workbooks. It can help you manage a range

0:00:14.080,0:00:20.800

of common problems such as feeling low, lacking motivation, worrying about past or future events,

0:00:20.800,0:00:27.040

stress, sleep problems, and low confidence. Your therapist will be a registered psychological

0:00:27.040,0:00:33.200

wellbeing practitioner. They will work with you to tailor the treatment to your situation.

0:00:33.200,0:00:39.520

You will have up to six 30 minute phone or video call sessions to talk through what you have been

0:00:39.520,0:00:46.080

learning, set goals, and track your progress. You can opt for your first session to be face-to-face

0:00:46.080,0:00:53.040

at one of our locations, but your other sessions will all take place via phone or video call.

0:00:53.040,0:00:59.120

Between calls, you will be asked to complete tasks and activities at home, such as keeping a food

0:00:59.120,0:01:05.120

or activity diary, setting goals and tasks, trying a relaxation exercise, or watching a

0:01:05.120,0:01:11.360

video. We will email you a questionnaire that asks about your symptoms before each session.

0:01:11.360,0:01:16.960

Your answers will be used by your therapist to monitor your progress and guide your treatment.

0:01:16.960,0:01:21.440

To access guided self-help, you need to complete a wellbeing assessment and be

0:01:21.440,0:01:26.400

offered this treatment by one of our therapists. You may be offered a different treatment if

0:01:26.400,0:01:32.160

we find another therapy or service is better suited to your needs. You can refer yourself

0:01:32.160,0:01:39.120

for a wellbeing assessment by completing the online form which can be found on our web page.