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# Cognitive Behavioural Therapy (CBT)

**stepping stones**  
your well-being in mind...

1 to 1 talking therapy

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## Who is this service for?

Anyone who is aged 16 and older and lives in West Dunbartonshire and is experiencing common mental health problems such as depression and anxiety.

## What does it involve?

CBT looks at how we can react differently to our thoughts and feelings (for example, challenging negative thoughts and avoidance) and how changing the way we behave can help us feel better (for example trying new activities).

## How long does it take?

Following assessment you will be offered 8 - 12 sessions that can be extended to 16 with a qualified or trainee therapist.

## How can I access this service?

This is a free service, please contact us to make a referral.

## Further information

To find out more please call **0141 941 2929**;  
e-mail [admin@stepstones.org.uk](mailto:admin@stepstones.org.uk) or visit [www.stepstones.org.uk](http://www.stepstones.org.uk)

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"I feel that I am less anxious and I think by talking over things has helped me so much to finally say what I was thinking. I think that I now see things in a bigger picture and have more perspective on things."

"I am more relaxed and not allowing myself to overreact i.e. stop, think, analyse before issues become clouded."

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Stepping Stones is a Charity registered in Scotland SC 019270.

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