
Guided Cognitive Behavioural Therapy (CBT) Five Areas Approach.

1 to 1 support to access CBT based on the 5 Areas Approach.

www.stepstones.org.uk

Who is this service for?

Anyone experiencing mild to moderate depression or low mood.

What does it involve?

You will meet 1 to 1 with an experienced support staff member who will work with you through a series of workbooks to help you improve how you feel.

How long does it take?

Following your initial assessment you will be allocated a worker who will meet with you for approximately 3 to 12 sessions lasting less than an hour each time.

How can I access this 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** or visit **www.stepstones.org.uk**
www.fiveareas.com or **[click here.](#)**

“The support I got helped me to look at the way I was thinking and the workbooks helped me.”

“I enjoy the new way of thinking and behaving and I am motivated and focused to keep this up.”