
Guided Cognitive Behavioural Therapy (CBT)

1 to 1 support to access CBT based support.

www.stepstones.org.uk

Who is this service for?

Anyone experiencing mild to moderate depression, anxiety or stress.

What does it involve?

You will meet 1 to 1 with an experienced support staff member who will help you look at the situations causing you distress and help you develop your own coping strategies.

How long does it take?

Following your initial assessment you will be allocated a worker who will meet with you for approximately four to six sessions. It is hoped you will be able to work through self help materials between sessions.

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

"I feel that I am less anxious and I think by talking over things it has helped me so much to finally say what I was thinking."

"I have been given the tools to help me cope and gain control over my mental health."