
Behavioural Activation (BA)

1 to 1 support



Who is this service for?

Anyone experiencing depression or other mood disorders who aged 16 years or older and lives in West Dunbartonshire.

What does it involve?

BA looks at the causes of a person's depression and how they can make changes in their behaviour to help them overcome their depression. The support will look at increasing activities and addressing isolation and avoidance.

How long does it take?

BA can be relatively short term and take between 8 - 12 sessions.

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** or visit **www.stepstones.org.uk**

Is BA Effective?

Studies have shown that BA can be as beneficial as anti-depressant medication in treating depression. For more information, see Dimidjian et al (2006).

Stepping Stones is a Charity registered in Scotland SC 019270.
