

# Psychological Wellbeing Service in Stockport



## Do you suffer from...

- Low mood and/or depression
- Loss of interest and pleasure
- Feelings of worthlessness, hopelessness and guilt
- Poor concentration
- Sleep problems
- Anxiety

**If so you can now access a range of free psychological wellbeing services that could help you overcome your difficulties.**

**Visit: [www.stockportpws.org.uk](http://www.stockportpws.org.uk)**

## Stockport's Psychological Wellbeing Service offers a range of services including:

### Structured Courses

We offer a range of six-week courses on anxiety management, depression, self-esteem and assertiveness. Sessions follow a structured format which aim to help participants improve their wellbeing.

### Psychological Wellbeing Practitioners

Psychological Wellbeing Practitioners (PWPs) provide people with quick and easy access to talking therapies. The PWPs offer appointments at a range of GP practices, Healthy Living Centres and other community locations across Stockport. The experienced team can offer help in numerous ways including:

- Guided self help
- Sleep management
- Food and mood
- Medication management
- Relaxation techniques
- Books on prescription

They can also put you in touch with other organisations if longer-term support is required.

### Stockport computerised Cognitive Behavioural Therapy (cCBT) service

'Beating the Blues' is a computerised Cognitive Behavioural Therapy (cCBT) programme that is used as a treatment for mild to moderate depression.

The Stockport cCBT service runs from four venues:

- Marple Library
- Cheadle Library
- Well Being Centre, Stockport
- Opendoor, Bridgehall

Alternatively we offer a "cCBT at Home" service which enables people to access cCBT ('Living Life to the Full' interactive) from their homes with telephone support.

For more information call: 0161 232 7854 or email: [ccbt@selfhelpservices.org.uk](mailto:ccbt@selfhelpservices.org.uk)

**For more information on any of the above services please call: 0161 480 2020, email: [info@stockportpws.org.uk](mailto:info@stockportpws.org.uk) or visit: [www.stockportpws.org.uk](http://www.stockportpws.org.uk)**