

Manchester Psychological Wellbeing Service



Do you suffer from...

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

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

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Psychological Wellbeing Service

The Psychological Wellbeing Service provides **one-to-one assessment and treatment for common mental health problems.**

This treatment is based on brief, evidence-based, guided self-help interventions that are underpinned by the principles of Cognitive Behavioural Therapy (CBT). This treatment helps you to identify and understand the vicious cycle of symptoms, behaviours and thoughts, and to learn and implement techniques to overcome your difficulties.

The service is offered by appointment only, and can be accessed by professional or self referral.

For more information please call: 0161 226 3871
Email: pws.manchester@selfhelpservices.org.uk

Manchester 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 Manchester cCBT service runs from three venues:

- Zion Centre, Hulme
- North City Library, Harpurhey
- Forum Library, Wythenshawe

For more information please call: 0161 232 7854
Email: ccbt@selfhelpservices.org.uk

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.

For more information please call: 0161 226 3871
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www.selfhelpservices.org.uk

Self Help Services is a Registered Charity (No. 1122063) ... a **Big Life** Charity