

How it works



GP/Health professional

Discuss options and gain consent for a referral to eTherapy.













Assessment

Telephone or face to face assessment within 5 working days.

Access to an eTherapy program tailored to your needs Click to find out more: Beating the Blues, LLTTFi Sleepio. SliverCloud Health. Breaking Free Online.



Treatment

Weekly computer sessions completed at home or in a community venue. Telephone or face to face support.

Liaison with GP if necessary.



Recovery

Successfully completed service.

Ongoing access to eTherapy available. if required.

Client

Low mood, stress. anxiety, depression, insomnia, drug/ alcohol issues.



eTherapy is for people who are:

- Struggling with anxiety, depression and other common mental health issues
- Wanting to focus on the present here and now rather than the past
- Willing and able to complete homework between sessions
- Able to read and understand English
- Not at risk of self-harming or suicide
- Willing for their GP to be informed of the referral

For more information

please call 0161 226 3871 or email: etherapy.admin@selfhelpservices.org.uk @weareselfhelp

WHO CAN ACCESS THIS SERVICE

www.selfhelpservices.org.uk