

Anxious? Stressed? Depressed?

Try online CBT.
Effective therapy
without the long
waiting times.



Everything you need to know about online Cognitive Behavioural Therapy (CBT)

Online CBT can support your long-term emotional health as well as helping you cope when something happens in your life. Speak directly with an NHS therapist from the comfort of your home without the typical sign-up waiting time.

CBT: helping you feel better, cope better and enjoy your life more

One in four people experience some form of emotional health problem during their life including low mood and feelings of stress and anxiety. Getting help can make a big difference quite quickly, enabling you to feel better day-to-day and live your life fully again.

Cognitive behavioural therapy (CBT) is one type of help that many people find improves their quality of life. It's a form of psychological therapy that helps you spot how some of your thoughts affect your actions and feelings which can improve how you feel, day-to-day.

A faster way to access CBT

CBT is traditionally delivered face-to-face. However, with Ieso, therapy takes place online making it much easier to access, as well as less daunting. Evidence shows that just as many people feel better after treatment as through face-to-face treatment.

Online CBT is exactly the same as face to face CBT, other than that the conversation is typed on your computer. You're still in a one-to-one conversation with a fully qualified therapist, usually for 60 minutes. The only difference is that you type your responses.



What kind of issues and problems can online CBT help with?

To date, we have treated over 30,000 NHS patients. CBT has been proven to be effective in improving a wide range of emotional health problems including:

- Stress
- Depression
- Anxiety
- Fears and phobias
- Panic attacks
- Obsessive compulsive disorder (OCD)

CBT can support your long term emotional health as well as helping you cope when something happens in your life, for example:

- Breaking up with your partner
- Losing your job
- Feeling overwhelmed after having a baby
- Being diagnosed with a health condition

You might find online CBT helpful if you:

- would find it difficult to travel to a therapist each week
- can't easily go to appointments during the working day
- value taking time to reflect and think about how you answer questions
- enjoy chatting to friends and family on social media or messaging services
- like the idea of having a therapist's undivided attention, without the pressure of being in the same room
- would like to be able to go back and review the advice you received between sessions and after the treatment has ended

Don't be put off if you:

- are not a fast typer
- have never done anything like this before

Online CBT might not be for you if you:

- find it very difficult to express yourself in written format



What NHS patients say about online CBT

I feel so grateful that I heard about this service. It was so easy to access and fit around my commitments.



Online CBT worked so well for me and I really feel like a different person since completing the treatment.

I was unsure of what to expect at first but I felt really supported and it is a great, flexible way to get help with mental health



Completing this course of treatment was the best decision I have ever made. I have my life back on track. Thank you!





How to find out more about online CBT

Visit

www.iesohealth.com

Or speak to a member of our team confidentially on

0800 074 5560

(9am-5.30pm weekdays)

To be eligible for West Lothian online CBT you must be aged 18 or over and registered with a GP in West Lothian.

Your GP will assess whether our service is the right treatment plan for you, and refer you for online CBT if appropriate.

Ieso Digital Health is providing services on behalf of the NHS

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