

# Guided Self Help



## What is Guided Self-Help?

Guided self-help (GSH) is a supportive approach for people **aged 18+** who are experiencing symptoms of mild to moderate **depression, anxiety, stress and related difficulties**. GSH is based on a cognitive behavioural therapy (CBT) approach.

## What do we offer?

With support from a GSH worker you will be guided through self-help materials and self-management techniques relevant to your specific issues.

Guided Self Help is not a traditional 'talking therapy', as the majority of the work will be done on your own, however your GSH worker can provide guidance on using materials and help you problem solve any difficulties you are having with them.

## How to Access Guided Self-Help

If this sounds like support that could benefit you and help improve your wellbeing **please speak with your GP or Health Care Professional** about referral to us. If you need any more information, please contact us on **0131 225 8508**.



**Guided Self-Help can help you break out of negative cycles and overcome feelings of low mood and anxiety.**

[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)

