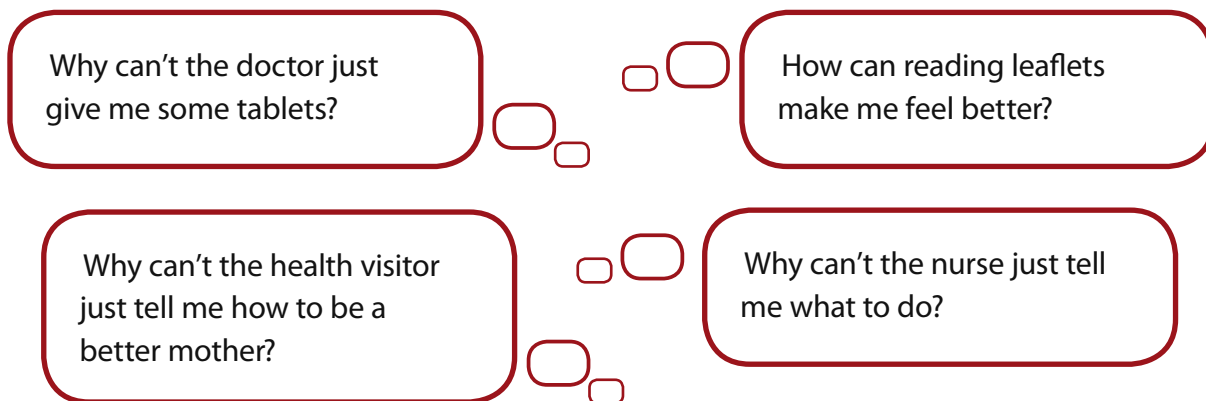


Guided Self-Help – What is it?



How can guided self-help make me feel better?

Research shows that Guided self-help can help mental health problems such as stress, anxiety and depression by helping you look at and change the way you think, feel and behave.

Will the guide be able to cure my problems?

No. The guide is there to help you to help yourself.

How do we get started?

You and your guide will talk about the problems that you have right now and perhaps start looking at a leaflet or two together.

What happens next?

In each session, the guide will talk to you about what has gone well since the last session, plus any problems you have come across. You and your guide might then look at another leaflet together. Then you will set some goals for the next session.

Key points to remember:

- Find a quiet time and place to read the leaflets.
- Try to fill in the exercises and diaries, even if it is only a few words.
- Remember change takes time – don't expect miracles!
- Don't be too hard on yourself when things don't go right.
- Give yourself a pat on the back when things go well.
- Bring any work you have done to the next session

FOR MORE LEAFLETS IN THIS SERIES GO TO www.primarycare-selfhelp.co.uk