

# Guided Self-Help

One-to-one support to access self-help materials

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



## Who is this service for?

Anyone experiencing mild to moderate anxiety or depression, stress or insomnia.

## What does it involve?

A guided self-help practitioner provides one-to-one support to enable you to make positive changes in your life that will allow you to better manage your issues now and in the future.

## How long does it take?

You will have an initial assessment lasting around one hour, then three further sessions (usually a few weeks apart). You will be encouraged to work through personalised self-help materials in between sessions.

## How can I access this service?

This is a free service, please speak to your GP for a referral.

## Further information

To find out more please call **0131 225 8508**;  
e-mail **[contact us@health-in-mind.org.uk](mailto:contact us@health-in-mind.org.uk)**  
or visit **[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)**

"I felt like I was trapped in a vicious circle and had no way of changing how depressed I was feeling.

I now know ways I can stop this and have tools to help me manage my feelings."