



## **Guided Self Help – Health in Mind**

### **What does the service offer people?**

The Guided Self-Help Service offers one to one support over four sessions to access self-help materials based on Cognitive Behavioural Therapy (CBT) techniques. This service is for anyone aged 18 or over who live in the Edinburgh and Midlothian area, who are experiencing mild to moderate depression, anxiety, stress and/or sleep problems.

The service is most helpful for people who are looking for self-management techniques to manage their own wellbeing. They must be motivated to commit time to complete the materials between sessions, with an aim to bring about positive change in their lives.

### **Guided Self Help is not an appropriate service for people who:**

- Have GAD7 or PHQ9 scores over 15
- Having made plans to act on thoughts of suicide in the past 6 months.
- Are currently using substances
- Have longstanding mental health difficulties such as schizophrenia or PTSD
- Have relationship issues as their primary problem.

### **Edinburgh:**

**Referrals can only be accepted by email.**

*(link to referral form)*

**Referrals email address:** [Lothian.EdinburghGSH@nhs.net](mailto:Lothian.EdinburghGSH@nhs.net)

### **Midlothian:**

**Referrals can only be accepted by email.**

*(Link to referral form)*

**Referrals email address:** [Lothian.MidlothianGSH@nhs.net](mailto:Lothian.MidlothianGSH@nhs.net)