

Feeling guilty

Depression

Hopelessness

Lack of concentration

Anxiety

Low mood

Can't sleep

Let's work on this together

Look inside to find the right support  
to help on your journey to recovery.

Every year, **one in four** of us will experience a mental health problem. Self Help believe no-one should have to face this alone. We are here to provide the support, tools and techniques you need to help you take control of your life.



*With eTherapy, you can work through a series of exercises on your computer screen and learn self-help techniques to help you manage any problems in your life and feel better about yourself.*

We offer a range of online therapy courses, across Manchester, Salford, Trafford and Stockport to support people who are experiencing depression, anxiety, stress, insomnia and sleep-related problems.

When accessing this service, you will be provided with guidance and assistance by highly-skilled staff and volunteers.

***“The support I received was fantastic. My support worker was very kind, patient and understanding as well as an excellent listener. Knowing that I had their support has been an important part of my recovery.”***

# SelfHelp

## Talking Therapies

*Let's talk about it. We provide a range of Talking Therapies that can help you work out how to deal with negative thoughts and feelings and make positive changes to your life.*

Talking Therapies can be accessed on a one-to-one basis or as part of a wider group. They can help you to change how you think and what you do, helping you to feel better.

Talking Therapies may also be referred to as: talking treatments, counselling, psychological therapies, psychotherapies or cognitive behavioural therapy (CBT).

***“I found the time to think and reflect, and the practical tools for coping with everyday situations, thoughts and feelings most helpful for me.”***

*Our workshops are designed to help you understand, and respond differently to, a range of difficult emotions, including: anger, bereavement, low self-esteem, stress, and emotional eating.*

We'll look at how you respond in 'trigger' situations and give you new ways to cope and manage difficult situations in more helpful ways.

Lots of people have find talking therapies helpful for mental health problems such as depression, anxiety and stress.



For more information call 0161 226 3871  
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[www.selfhelpservices.org.uk](http://www.selfhelpservices.org.uk)

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