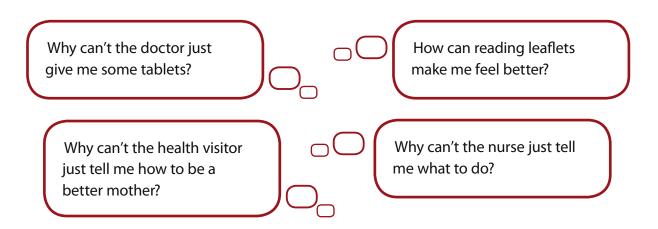


Guided Self-Help – What is it?



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

Page 1 of 1 © Copyright The University of Huddersfield, 2010. All rights reserved. www.primarycare-selfhelp.co.uk This leaflet should not be considered a replacement for help from a healthcare professional & we cannot be held liable for any loss or damage arising from its use. S|H|A|R|P is a joint initiative between The University of Huddersfield and South West Yorkshire Partnership NHS Foundation Trust.