

How we can help you

We offer a range of evidence-based treatments for depression and anxiety that have been recommended for use in the NHS. Everyone accessing these treatments has a short telephone assessment as a first step into the service. We will think together with you about what treatment would be most helpful based on your current difficulties and any other relevant factors.

Please note that the availability of some of the options below varies according to our staff in post.

Guided Self Help (GSH)

Guided self-help (GSH) is a treatment based on the principles of Cognitive Behavioural Therapy (CBT). GSH is not the same as CBT, but an alternative brief one to one treatment which involves working through your difficulties with support from a Psychological Wellbeing Practitioner (PWP).

- It is a therapeutic approach for people with mild to moderate common mental health problems such as depression, generalised anxiety disorder and panic disorder.
- **GSH** consists of up to 6 sessions which may be delivered by web video, by telephone or face-to-face sessions in one of our clinics.
- Sessions are typically 30 minutes in duration.
- A personalised support programme will be designed together with you following an initial assessment session together with your PWP.
- The aim is for you to take the lead in your recovery by working through self-help materials relevant to your specific problems.
- **GSH** uses self-help materials such as booklets and worksheets which will be provided for you. These materials are educational and interactive. You will be encouraged to practice some of the ideas and suggestions from the material in between sessions.
- **GSH** helps people to understand how life events, thoughts, feelings, behaviours and bodily symptoms all interact to affect the way they feel about themselves, others, and their future. The explanations and tasks in the self-help materials help patients to understand what they are experiencing and learn ways to make changes for the better.
- Guided self-help aims to give you helpful tools and techniques that you can carry on using after the course has finished.

Computerised Cognitive Behavioural Therapy (cCBT)

V

SilverCloud / IESO

V

Cognitive Behaviour Therapy

V

CBT for Long Term Conditions

V

EMDR

V

Counselling for Depression

V

Interpersonal Psychotherapy (IPT)

V

Dynamic interpersonal therapy (DIT)

V

Behavioural Couples Therapy (BCT)

V



The service has been helpful in managing and reducing my stress and anxiety which was at a significant level when initially starting the therapy

Employment Support – Barnet

We work together with **Twining Enterprise** non-profit organisation that helps individuals to get work and stay in work despite the mental health difficulties they might be dealing with. They aim to make a real difference in people's lives by offering everyone the opportunity to enjoy the benefits of being employed.

Twining Enterprise offers tailored practical support to boost individuals' confidence in finding, securing and maintaining job opportunities.

Individuals can receive one-to-one support with things like:

- Career advice and guidance
- Writing CV and filling out application forms
- Job search strategies
- Interview and presentation skills
- Preparation for first days at work

Together with employment specialists, individuals can develop their own employment goals and plans. Everyone is then supported through the process for as long as needed, even after starting a job role.

If you are interested in receiving work-related support, a referral to the employment specialists can be considered after completing the initial assessment with our service.

You can find more information about Twining Enterprise in Barnet at www.twiningenterprise.org.uk/help_for_you/barnet.