

HELPFUL LINKS



Call:
Samaritans 116 123
Childline 0800 1111



Websites:
www.youngminds.org.uk
www.kooth.com

Apps:



Feeling good: Positive mindset
(Digital CBT)



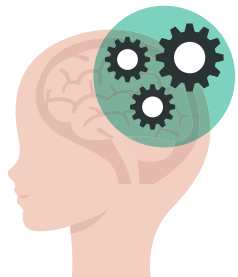
Calm Harm (managing self harm)



Catch it (record and challenge
negative thoughts)



Chill Panda (relaxation
techniques)



ACCESSING CBT

If you are not already accessing CBT you can get more information about making a referral by contacting your local CAMHS team.

Telephone number: 0300 123 90150

You can also do this by making an appointment with your GP.

Or ask your school if there is a Mental Health support Team working in your school and ask to be referred

NORTH CUMBRIA



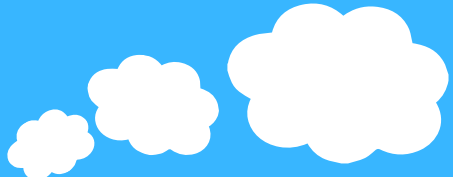
A service delivered by



Cognitive Behaviour Therapy (CBT) for Young People

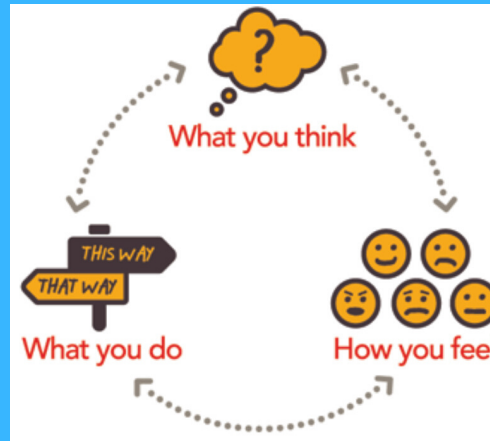
The Facts

What is CBT?



CBT is a therapy that can help you to overcome problems to do with low mood and/or anxiety. Many young people struggle with their mental health sometimes and there is lots of evidence and research that shows CBT helps young people to feel better. We therefore use CBT to help because we know that it can work.

It's all linked...



CBT works on the idea that your **thoughts**, **feelings** and **behaviours** (what you do) are all linked together and all have an impact on each other.

When you are feeling anxious and/or low in mood, you can get stuck in a **cycle** of negative or unhelpful thoughts, feelings and behaviours.

By using CBT, we can help you to **break that cycle** and help you to change your thoughts and behaviours so that you start to feel better.

CBT can be used to help young people struggling with some of the following problems:
anxiety, phobias, obsessive compulsive disorder (OCD), worry, low mood, eating disorders, post-traumatic stress disorder (PTSD) as well as other mental health difficulties.



What should I expect?



- CBT sessions usually happen once a week.
- You will work together with your therapist (and anyone else you'd like to help you) to understand the problem you're struggling with and set a goal to work towards.
- You will learn new skills to help you feel better.
- It is really important in CBT to practice your new skills at home (your therapist will help you set tasks in order to do this in between your sessions).
- Your therapist will help you to challenge and change your negative thoughts as well as unhelpful behaviours.

All of these things aim to help you **Feel Better!**

