

SELF HELP



1 in 4 people have feelings of stress, depression or anxiety at some point in their life.

People will experience this in different ways, for example some people are anxious about leaving the house or meeting people where as some may feel pressures at work or at home. Others may feel unhappy and have little energy, finding it hard to enjoy the things they used to. Some people may feel angry or others may suffer panic attacks, which happen out of the blue and can be very frightening.

Self-help can be used to help in these situations.

What is Self Help?

Self Help involves using books and work sheets to look at your thoughts, feelings and behaviour. It works on the principle that changing the way we think can change the way we feel.

Self Help is different to Counselling. It focuses on the present and aims to support you in finding ways to deal with your symptoms and learn new coping strategies



The Self Help Literature includes written exercises, diary sheets and self-assessments that help you to look at your thoughts, feelings, emotions and behaviours

Self Help can help you learn new skills and give new knowledge about difficulties you may be experiencing.

There is also the option of joining the Book Recommendation Scheme where a health professional recommends a self-help book from the Library. You can then work through the book yourself or be referred to the Self Help Clinic for guided support

There are also various groups you can join. These include: Anxiety Management, Anger Management, Assertiveness, Self Esteem and Stress Control groups.

How can I get to A Self Help Clinic?

You may go to your G.P with a difficulty; they may refer you on to Counsellors, offer advice or prescribe medication. You can also be referred to the Self Help clinic.

Where Are They?

Self Help Clinics run in the following surgeries: Ashburton, RiverSide, TowerHouse, Albany, Cricketfield, Kingskerswell, Kingsteignton and Devon Square. People from Teignmouth and Dawlish surgeries are seen at the Self Help clinic at Teignmouth Library

How Does A Self Help Clinic Work?

- 1st Appointment is 50 minutes
- This includes an assessment of your difficulties.
- Followed by 3 more appointments, which will last approximately 30-40 minutes each. This provides guidance while you work through the self-help materials.

After Assessment you will be given some self help information to help you understand the link between your thoughts, feelings and behaviours.

