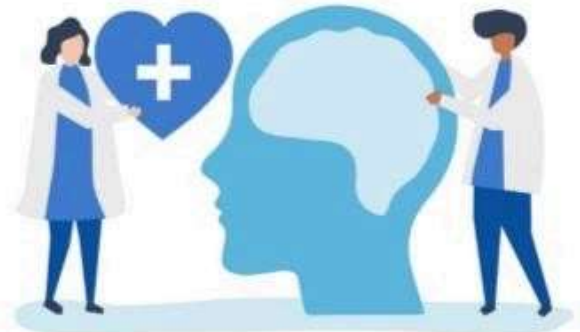


Aberdeenshire Wellbeing Workers and Enhanced Psychological Practitioners

We work as part of the **Aberdeenshire Primary Care Psychological Therapies Service** where we offer brief psychological interventions to support you in your journey towards better mental health and understand more helpful ways of coping.



We use a low-intensity approach of Cognitive Behavioural Therapy (CBT) which is based on the idea that our thoughts, feelings, and behaviours are connected. CBT can help you to gain skills in noticing and challenging unhelpful thoughts and/or behaviours.

It is a guided self-help approach to support those experiencing mild to moderate mental health difficulties:

Feeling
depressed,
low or
hopeless

Sleep
difficulties

Feelings of
anxiety,
worry, or
phobias

Panic
attacks

Our service is open to anyone over the aged of 16 who is not in school. **You can contact your GP for a referral, or self-refer by calling us on 01224 840959. Appointments can offered via telephone, video call and face to face.**



@Aberdeenshireprimarycarepsychologicaltherapiesservice



@Psychtherapies_



Aberdeenshire
Health & Social Care
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