



A computerised cognitive behavioural therapy (cCBT) course could help...

The improving access to psychological therapies team (IAPT) provides an online CBT programme to help challenge your thoughts, change your behaviours and develop strategies to help you cope.

Accessibility: Able to fit around your own commitments and complete from the comfort of your home on your own computer, laptop, tablet or ipad. All you need is an internet connection.

Extras: Receive telephone or email support from a therapist.

Cost to you – FREE!
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A clinician will call you back to book you in.

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