

Anxiety - Panic - Stress Problems - Depression

Anxiety, panic, stress problems and depression are with no doubt the most commonly experienced problems in modern society. Although these issues are so common people often find it hard to accept they are suffering from it. People find it even harder to confide in somebody. Therefore usually it takes a long time before somebody with this common problem seeks help.

Is it really necessary to live with anxiety, panic, stress problems or depression?

The answer is a clear NO! Nobody has to however it is still often the case that many do. To seek help is not a sign of weakness but the opposite. A person who accepts he/she needs help is brave enough to admit that there is a problem and to address it rather than running away from it.

What can be done to help?

So many things can be done to help with these problems. The National Institute of Clinical Excellence (NICE) says that Cognitive Behavioural Therapy (CBT) is both helpful and overall cost-effective.

What does CBT do to help people with this problem?

It helps to understand what the problem is, where it comes from, how to overcome it and what to do so that it won't come back.

What do I need to do to get help?

Obviously if you can you would want to get the help free of charge and you should ask your GP about it! Often though this specialist help is not available or has got a long waiting list. So if you think you need this service but can't get it on the NHS then the next step would be to arrange an assessment session with the experts in this field. This assessment session will take about 55 minutes and at the end the specialist will be able to let you know whether you can benefit from treatment with CBT or whether you should seek other help (to which you would then be directed).

If you have queries don't hesitate to contact us. We will always come back to you as soon as possible and will try our best to answer your questions.

Keep in mind that CBT, the treatment for anxiety, panic, stress problems, depression is the right treatment for many other issues, which many people might call something else. I. E. stress related to work issues, relationship issues, health problems, mental health problems or personality problems and so on.

If in doubt just ask us!

Tel: 0121 698 8701

Fax: 0121 698 8600

Email: info@cbpservices.co.uk