

Computerised Cognitive Behavioural Therapy in Manchester



We offer “Beating the Blues”, a self-help computer programme for people affected by depression, anxiety or low mood.

Are you experiencing...

- Low mood
- Loss of interest and pleasure
- Poor concentration
- Sleep problems
- Anxiety
- Feelings of worthlessness, hopelessness and guilt

Our cCBT course will help you to identify and change unhelpful ways of thinking, and learn more effective ways of solving problems.

The cCBT service is on offer at the following venues:

A. North City Library
Rochdale Road,
Harpurhey,
Manchester M9 4AF

**B. Zion Community
Resource Centre**
339 Stretford Road,
Hulme,
Manchester M15 4ZY

**C. Wythenshawe
Forum Library**
Forum Square,
Wythenshawe,
Manchester M22 5RX

If you would like further information about this service, including session times, please contact Self Help Services
Telephone: 0161 232 7854
Email: manchesterccbt@selfhelpservices.org.uk

Referral forms can be downloaded from our website at:
www.selfhelpservices.org.uk

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