

Guided Self-Help

The Employee Wellbeing Service is able to offer Guided Self-Help (GSH) provided by our Assistant Psychological Therapy Practitioners (APTP). Following on from a Resource appointment, if it is agreed that GSH is an appropriate option, you will be offered up to 6 sessions of GSH.

The following could be signs that you are struggling with stress, low mood or anxiety or worry

- Lack of motivation
- Decrease in self esteem or confidence
- Low mood

- Anxiety or worry
- Feeling that you can't control your worry
- Poor sleep

- Physical tension
- Problems concentrating
- Feeling easily annoyed or irritable

If you are experiencing some of these symptoms, you could benefit from Guided Self-Help

What is Guided Self-help?

Guided Self-Help (GSH) is a brief, low intensity therapy, based on the principles of Cognitive Behaviour Therapy (CBT), which aims to help people with mild to moderate mental health problems such as stress, anxiety or low mood. You will be offered up to six sessions of GSH where you will work through a self-help workbook with the help of an Assistant Psychological Therapy Practitioner.

The self-help workbooks consist of evidence-based modules which provide information, techniques and reflective activities that focus on a cognitive behavioural approach to managing mental health and wellbeing difficulties. Topics include: approaches for generalised anxiety, panic, low mood, self-compassion, perfectionism, sleep and distress tolerance.

Contact the Employee Health and Wellbeing Service at employee.wellbeing@wales.nhs.uk for more information.

[Complete the self-referral form here.](#)



EMPLOYEE HEALTH & WELLBEING SERVICE

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