

Guided Self Help Service

Patient information leaflet

What is Guided Self Help?

Guided Self-Help is one to three sessions lasting up to one hour provided by a Guided Self-Help Worker trained in cognitive behavioural principles, (CBT), and psychoeducation. Relevant self-help materials may be issued as appropriate.

The Guided Self-Help Worker facilitates understanding of how people's thoughts and feelings can affect their bodily sensations and the way they behave using a CBT model. People are encouraged to take personal responsibility in finding practical solutions to their difficulties.

This is a Primary Care Service and provides the first point of contact in the mental health system, acting as the 'front door' of the NHS. The Primary Care Mental Health Team are a team of practitioners and therapists offering a wide range of treatments and interventions to help those experiencing common mental health problems.

Please consider the following inclusion and exclusion criteria when referring to the Guided Self-Help Service for MILD/ MODERATE difficulties.

Inclusion

- Mild/moderate depression or low mood
- Anxiety and stress
- Stress at work
- Panic attacks
- Health anxiety
- Mild/moderate phobias
- Acute stress reaction to life event (excluding post-traumatic stress disorder (PTSD) up to 3 months duration post-event thereafter refer into Adult Mental Health Services)
- Bereavement (we only suggest a referral to CRUSE if this lasted over 3 months)
- Mild/moderate anger issues
- Relationship concerns
- Assertion
- Problem solving
- Disturbed sleep
- Patient Health Questionnaire (PHQ) scores below 21

Exclusion

- A patient with current or previous contact with Community Mental Health Team (CMHT), Psychology, or Psychiatry as this is suggestive of more complex mental health difficulties

- Admitting to suicidal ideation / self-harm / suicide attempts within last 3 months
- When the primary difficulty is sexual abuse or other ongoing forms of abuse
- Current misuse of substances drugs / alcohol
- Couples
- Families with social work involvement
- Longstanding physical health problems/adjustment to physical health concerns
- People on charges or awaiting court appearances or with a serious forensic criminal record
- To test a person's motivation to engage in psychological interventions