



UNIVERSITY OF LEEDS

COGNITIVE BEHAVIOURAL THERAPY, CBT

Cognitive behavioural therapy (CBT) helps you to understand the connections between your thoughts, feelings and behaviour. CBT provides a number of techniques to help you challenge unhelpful thinking habits, manage feelings and experiment with new ways of behaving.

There are now a number of online CBT programmes available. You can choose to use these resources independently or with guidance and support from the staff counsellors.

Living life to the full (www.livinglifetothefull.com)

Help yourself with an interactive CBT life skills audio course for anxiety and low mood. Includes a variety of modules on specific topics plus anxiety control techniques.

The MoodGym training programme (<http://moodgym.anu.edu.au/>)

A CBT based self help site for low mood and depression

Centre for clinical interventions

(<http://www.cci.health.wa.gov.au/resources/consumers.cfm>)

An interactive CBT self help website with courses focused on particular common problem areas: depression, panic, social anxiety, worrying, self-esteem, procrastination, perfectionism, assertion and eating problems.

Overcoming common mental health problems (<http://www.overcoming.co.uk/>)

Download a range of free information sheets and buy downloadable CBT self help resources.

For people working in further and higher education

www.recourse.org.uk Recourse (formerly CUSN College and University Support Network)

Recourse provides free support services specifically for **all staff** working in adult, further and higher education. Supported by UCU, Recourse complements the work of the union offering information and advice, telephone support, online coaching and financial assistance.

Self assessment tools. They have some self assessment tools to assess your work-life balance or stress levels.

InfoSheets. 700 factsheets on a wide range of topics such as balancing work-load, stress management, dealing with change, and C.V writing

Other online resources

Anxiety-UK (<http://www.anxietyuk.org.uk/>)

An organisation run by sufferers and ex-sufferers of anxiety disorders and phobias.

British Association of Anger Management (<http://www.angermanage.co.uk/>)

Anger and wisdom section has useful information and downloadable documents about anger management, anger at work and keeping your cool.

Bereavement information (<http://www.crusebereavementcare.org.uk/>)
Information and leaflets about the bereavement process

Bully Online (<http://www.bullyonline.co.uk/>)
Bully Online is a leading web site on bullying in the workplace and related issues

Chronic Fatigue Research and Treatment Unit (<http://www.kcl.ac.uk/projects/cfs/>)
A national specialist service with good information and guidance to support self help for chronic fatigue

The Couple Connection (<http://www.thecoupleconnection.net/>)
Interactive self help site with resources to improve relationships

Down your Drink (<http://www.downyourdrink.org.uk/>)
A self help website for people concerned about their drinking

OCD-UK (<http://www.ocduk.org/>)
Information and self help support for people with obsessive thinking and compulsive behavior OCD

Northumberland NHS mental health self help information booklets
(<http://www.nnt.nhs.uk/mh/content.asp?PageName=selfhelp>)
Downloadable self help booklets on bereavement, depression, anger, anxiety, shyness and social anxiety, sleep, trauma and stress.

Samaritans (<http://samaritans.org/>)
24 hours a day telephone support for people in distress or experiencing feelings of hopelessness. Includes some good information about emotional health.

Social-anxiety UK (<http://www.social-anxiety.org.uk/>)
Support and Information for shyness and self-consciousness

Stressbusting (<http://www.social-anxiety.org.uk/>)
Resources for understanding and combating stress symptoms and nervous tension.