

# Refer yourself today

 [www.iesohealth.com/camden](http://www.iesohealth.com/camden)

 0800 074 5560

To be eligible for Ieso online therapy you must be aged 18 or over and either registered with a GP in Camden, or a resident in Camden with no GP.



One-to-one with a qualified therapist



Evening and weekend appointments



Quick access to therapy



Ieso Digital Health is providing services on behalf of the NHS

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Anxious?  
Stressed?  
Depressed?

Online therapy  
could help

Available in Camden

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"I am not sure what I would have done without this service. I knew I needed some help with what I was going through but didn't know where to go. Thank you Ieso."

At Ieso we know it can be daunting taking the first step towards overcoming and accessing treatment for emotional health difficulties. 1 in 4 of us will experience some form of common mental health problem such as depression and/or anxiety each year. If the symptoms of stress, worry, or low mood are getting in the way of your everyday life, we can help.

Ieso Digital Health provides a free online cognitive behavioural therapy (CBT) service for people in Camden, to treat a range of common mental health conditions.

## What is CBT?

Cognitive behavioural therapy (CBT) is a form of psychological therapy that helps you understand and recognise how some of your thoughts can affect your actions and behaviour. This in turn can influence the way you feel. CBT has been proven to be effective in treating a wide range of emotional and physical health conditions.

Within CBT sessions, your therapist will work with you to change these thinking patterns and behaviours, leading to improving your mental wellbeing.

CBT is traditionally delivered face-to-face. However with Ieso, therapy takes place online making it much easier to access, as well as less daunting.

## How can Ieso help?

With Ieso, CBT is delivered in real time over the internet by a fully qualified therapist through written conversation. Online CBT sessions follow the same format as traditional face-to-face therapy but take place in a secure online therapy room, allowing you to attend from anywhere you feel most comfortable. Appointments are usually 30 or 60 minutes long and you can access your session from any device that connects to the internet.

## What can we treat?

We can help with many different types of problems including:

- Anxiety
- Depression
- Fears and phobias
- Panic attacks
- Obsessive compulsive disorder (OCD)
- Social anxiety

Online CBT is available on behalf of the NHS for people aged 18 or over and either registered with a GP in Camden, or living in Camden with no GP. You can refer yourself directly to the service without having to visit your GP.

## Benefits of online CBT

