

SHORT-TERM THERAPY AT YOUR GP PRACTICE

FOR ADULTS AND YOUNG PEOPLE AGED 13-17

Feeling stressed, anxious, overwhelmed or simply finding things difficult at the moment?

Our 8-session Psychological Support Programme gives you a confidential and supportive space to understand what you're experiencing, develop practical ways to cope and improve your emotional wellbeing.



THIS PROGRAMME CAN SUPPORT YOU WITH:

-  Anxiety or persistent worry
-  Low mood or depression
-  Stress or burnout
-  Emotional overwhelm
-  Difficult life changes
-  Relationship difficulties
-  Feeling "stuck" or unable to manage emotions

OVER 8 SESSIONS, YOU'LL EXPLORE:

- 1 Understanding you**
What's happening and how it affects you
- 2 Emotions and stress**
Recognising triggers and early warning signs
- 3 Coping strategies**
Practical tools to manage difficult moments
- 4 Your needs**
Self-care, self-kindness and emotional wellbeing
- 5 Relationships**
Communication and healthy boundaries
- 6 Stress and burnout**
Managing energy and reducing overload
- 7 Building resilience**
Strengthening skills that work for you
- 8 Moving forward**
Creating your personalised wellbeing plan

WHAT TO EXPECT



Your therapist will work alongside you at a pace that feels manageable. Sessions combine talking therapy with practical strategies such as grounding, emotional regulation, stress management, mindfulness and coping skills.

YOU MAY FIND THAT YOU:

- ✓ Understand yourself better
- ✓ Feel calmer and more in control
- ✓ Manage stress more effectively
- ✓ Improve confidence
- ✓ Develop healthier coping strategies
- ✓ Feel more able to cope with daily life



8 weekly
sessions



Around
50 minutes each



Confidential
and supportive



INTERESTED IN FINDING OUT MORE?

Speak to your GP practice team to find out whether the programme could be right for you.

