



GUIDED SELF-HELP

WHAT IS IT?

It is a goal-focused course that will help me to overcome and/or cope with what I am struggling with. GSH consists of 8 one-hour sessions and is based on research. Evidence has shown it can be effective for lots of people who have similar difficulties to me.

WHO WILL WORK WITH ME & WHAT TO EXPECT

An Education Mental Health Practitioner (EMHP) will work with me, they are the 'guided' part of GSH. They should be kind, caring, non-judgemental and listen to me. They should have a good understanding of who I am and what I struggle with. They work with me to figure out what is helpful and not helpful to me. They should be working with me, not telling me what to do.

My EMHP will work to make the GSH specific to me, my strengths and my difficulties. My EMHP will also help me to identify who else in my day to day life will be able to help me to try out the things in this intervention.

WHAT WILL WE DO?

First of all, my EMHP will spend some time getting to know me and what my difficulties are.

Next, we will learn about the 'science' behind my difficulties. We will then figure out what I want to work on, and how we will get towards my goals. Along the way we will also learn some strategies that have been helpful for people who have similar difficulties to me.

WHAT DO I NEED TO DO?

Each week, I will have homework to complete. It is important that I complete my homework to get the most out of this work with my EMHP. I will also decide with my EMHP what strategies may be helpful for me and try these out. I will tell my EMHP if I am confused about anything or stuck with something. I will get the most out of my work with my EMHP if I am honest with them.



Compassion



Respect



Empowerment



Partnership