West Midlands Ambulance Service NHS
NHS Trust

Free Online Resources

The following are freely accessible online self help resources.

There are three sites listed here ~ www.getselfhelp.co.uk
~ www.moodgym.anu.edu.au
~ www.cci.health.wa.gov.au

Others are available but have not been researched by SALS

This information is provided to give staff additional choices to help take care of themselves. Each site offers advice based on computer delivered Cognitive Behavioural Therapy which is recognised by NICE as being an effective short term intervention particularly for depression and anxiety. It also offers techniques applicable to many other issues.

www.getselfhelp.co.uk

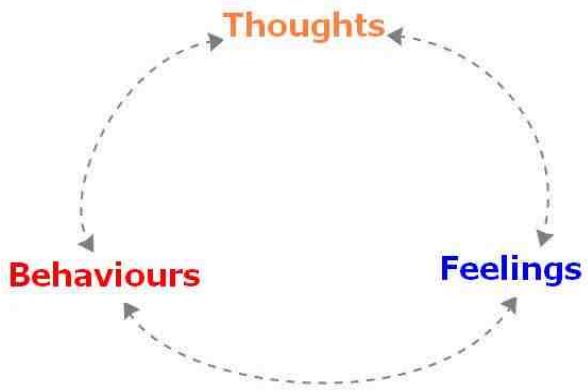
This website introduces the user to Cognitive Behavioural Therapy giving a mini 7-step self-help course which includes techniques that can be useful for all, but professional help should be sought for complex or long-standing problems.

It also has pages, downloads, worksheets and self help mp3 audio files on a range of common problems including depression, anxiety, anger, self esteem, stress, sleep and eating disorders.

Cognitive Behaviour Therapy - how it can help

Cognitive Behaviour Therapy is a type of psychotherapy that looks at

- How you think about yourself, the world and other people
- How what you do affects your feelings and thoughts



By making links between what we do, think and feel, CBT can help us make changes in the way we think ("Cognitive") and the way we act ("Behaviour)". Making changes in what we think will affect what you do and feel, and changing what we do, affects the way we think and feel. Making these changes then can help us feel better.

Whilst it is helpful to discuss the past and understand how our pasts have influenced our lives and how problems have arisen, CBT mostly focuses on looking for ways to improve your mental wellbeing **now.**

CBT says that it's not the event which causes our emotions, but how we interpret that event - what we think or what meaning we give that event or situation.

For instance, if someone you know passes you in the street without acknowledging you, you can interpret it several ways. You might think they don't want to know you because no-one likes you (which may lead you to feel depressed), your thought may be that you hope they don't stop to talk to you, because you won't know what to say and you'll make a fool of yourself (anxiety), you may think she's being deliberately snotty (leading to anger). A healthier response might be that she just didn't see you.

Another example may be someone who's depressed might wake up in the morning and think: "This is going to be another awful day", "I'm going to mess up again", or "What's the point of anything?", which will make them feel even more depressed (feelings), and may prompt them to pull the covers over their head and stay in bed (behaviours). It's very likely that this will increase their negative thoughts, which in turn will increase the feelings of depression, and make them even less likely to get out of bed. A vicious cycle is the result - continuing to think and act the same way will help maintain our depression (diagram below), or anxiety.

CBT can help you to break these vicious cycles of negative thinking, feelings and behaviour. When you see the parts of the vicious cycle clearly, you can change them - and therefore change the way you feel. It can also be helpful to look at the way our thoughts and feelings affect our bodies, and the physical sensations we can experience.

Different emotions are often associated with particular types of thoughts:

CBT aims to get you to a point where you can "do it yourself", and work out your own ways of tackling problems. CBT has often been described as guided self-help, and this website will help you access more information about CBT, and how it can help particular conditions. There is the mini 7 step CBT self-help course where you can work through a basic therapy programme.

www.moodgym.anu.edu.au

This programme has been developed to deal with depression and anxiety and was developed by the Centre for Mental Health Research, ANU.

MoodGYM is a free, interactive online program, which provides Cognitive Behavioural Therapy (CBT) interventions. MoodGYM is like an interactive self-help guide which gives you feedback along the way and takes you through online exercises to help you work out how to handle life's challenges more effectively. The program is hugely popular, with over 300,000 registered users worldwide. It includes self-assessment tools and relaxation audio downloads. The site has been extensively evaluated and has been shown to significantly reduce depressive feelings and unhelpful ways of thinking in those who use it.

To access **MoodGYM,** log onto www.moodgym.anu.edu.au then you will be required to register with a made-up username and password.

This programme has been proven to be effective and has the advantage of giving free and anonymous access, 24 hours a day, 7 days a week.

www.cci.health.wa.gov.au

The Centre for Clinical Interventions (CCI) is a specialist program that is administered through North Metropolitan Health Services in Western Australia. They conduct clinically applied psychosocial research and provide training and supervision for various psychological interventions. Also offered is a clinical service for adults suffering from anxiety, mood and eating disorders.

The clinical service provided by CCI is based on current evidence-supported practice and aims to best meet the needs of our clients. As CCI forms part of the public mental health system, the service offered is free.

Is this Resource for Me?

If you suffer from anxiety or depression and are looking for specific information about different types of problems then the information packages listed below may be relevant to you. The packs consist of a number of modules that you can complete online, or you can save the modules to your computer and work through them onscreen in your own time.

Alternatively, you can print out the modules and work through them by hand.

We strongly encourage you to talk to your doctor or a mental health professional about your difficulties as the information provided in the resources are NOT a substitute for proper diagnosis or treatment by an appropriate health professional. Please refer to the full disclaimer regarding the information on this website before making use of these resources.

These resources can be accessed by going to www.cci.health.wa.gov.au and clicking onto Workbooks on the left-hand side menu. The following self help programmes are available.

Assert Yourself!
Improve your Assertiveness. Being assertive is an important communication skill which can reduce your levels of depression and anxiety and improve your self esteem. This information package is designed to provide you with some information about assertiveness – what it is, what stops us from being assertive and how to become more assertive. This information package is organised into modules that are designed to be worked through in sequence. We recommend that you complete one module before going on to the next. Each module includes information, worksheets, and suggested exercises or activities.

Back from the Bluez
Coping with Depression: This information package is designed to provide you with some information about depression and suggested strategies for how you can manage your mood. It is organised into modules that are designed to be worked through in sequence. Although it is not necessary that you complete one module before going on to the next, this is recommended. Each module includes information, worksheets, and suggested exercises or activities**.**

Helping Health Anxiety
Overcoming Health Anxiety: This information package is designed to provide you with some information about health anxiety, including how it develops, how it is maintained, and how to decrease your health worries and concerns. It is organised into modules that are designed to be worked through in sequence. We recommend that you complete one module before going on to the next. Each module includes information, worksheets, and suggested exercises or activities.

Improving Self-Esteem
Overcoming Low Self-Esteem: This information package is designed to provide you with some information about low self-esteem - how it develops, how it is maintained, and how to address this problem. It is organised into modules that are designed to be worked through in sequence. We recommend that you complete one module before going on to the next. Each module includes information, worksheets, and suggested exercises or activities.

Keeping Your Balance
Coping with Bipolar Disorder: This information package is designed to provide you with some information about bipolar disorder and suggested strategies for how you can manage your mood. This information package is organised into modules that are designed to be worked through in sequence. Although it is not necessary that you complete one module before going on to the next, this is recommended. Each module includes information, worksheets, and suggested exercises or activities.

Overcoming Disordered Eating - Part A
This information package is designed to provide you with some information about disordered eating - how it develops, how it is maintained, and strategies to start to change the problem behaviours associated with disordered eating. It is organised into modules that are designed to be worked through in sequence. We recommend that you complete one module before going on to the next. Each module contains information, worksheets, and suggested exercises or activities.

Overcoming Disordered Eating - Part B
This information package follows on the Overcoming Disordered Eating - Part A, and provides some strategies and techniques to change the thinking patterns associated with disordered eating. It is organised into modules that are designed to be worked through in sequence. We recommend that you complete one module before going on to the next. Each module includes information, worksheets, and suggested exercises or activities.

Panic Stations

Coping with Panic Attacks: This information package is designed to provide you with some information about panic attacks and panic disorder and suggested strategies for how you can manage your panic and anxiety. It is organised into modules that are designed to be worked through in sequence. Although it is not necessary that you complete one module before going on to the next, this is recommended. Each module includes information, worksheets, and suggested exercises or activities.

Perfectionism in Perspective

Overcoming Perfectionism: This Information Package is designed to help you understand what is helpful and unhelpful about being a perfectionist. The goal is not for you to give up your high standards altogether but to learn to pursue healthy high standards rather than unrelenting high standards that negatively impact your life. It is organised into modules that are designed to be worked through in sequence. We recommend that you complete one module before going on to the next. Each module includes information, worksheets, and suggested exercises or activities.

Put Off Procrastinating!!!

Overcoming Procrastination: This information package is designed to provide you with some information about procrastination and some suggested strategies for how you can address this problem. It is organised into modules that are designed to be worked through in sequence. Although it is not necessary that you complete one module before going on to the next, this is recommended. Each module includes information, worksheets, and suggested exercises or activities.

Shy No Longer

Coping with Social Anxiety: This information package is designed to provide you with some information about social anxiety and suggested strategies for how you can manage your anxiety in social situations. It is organised into modules that are designed to be worked through in sequence. Although it is not necessary that you complete one module before going on to the next, this is recommended. Each module includes information, worksheets, and suggested exercises or activities.

What? Me Worry!?!

Mastering Your Worries: This information package is designed to provide you with some information about chronic worrying and generalised anxiety disorder and suggested strategies for how you can manage your worrying and anxiety. It is organised into modules that are designed to be worked through in sequence. We recommend that you complete one module before going on to the next. Each module includes information, worksheets, and suggested exercises or activities.