

Happy Well-being Wednesday!

Self-help CBT techniques



You may have heard of CBT (cognitive behavioural therapy), wondered how it works, what it's good for and whether it could help you.

What is CBT?

Cognitive behavioural therapy is a type of talking therapy that aims to change the way we think (cognition) and act (behaviour) in order to help cope with and manage problems we may face in our lives.

It is based on the idea that our thoughts, feelings and behaviour are closely linked and influence each other.

If we have unhelpful thoughts and feelings, this can lead to unhelpful behaviour, which can turn into a vicious cycle of further negative thoughts and so on.

CBT aims to help us learn to recognise these unhelpful patterns, and break down and approach problems in a different way to improve how we feel.

Happy Well-being Wednesday!

Self-help techniques you can try



Reframing unhelpful thoughts

It's natural to feel worried every now and again, but our anxious thoughts can sometimes be unhelpful.

It can be beneficial to step back, examine the evidence for your thoughts and explore other ways of looking at the situation.

In time, this can really make a difference to our mental health and wellbeing.

Happy Well-being Wednesday!



catch it

check it

change it

Useful helplines



**CAMPAIGN
AGAINST
LIVING
MISERABLY**

0800 58 58 58

WEBCHAT

<https://www.thecalmzone.net/>

childline

Call 0800 1111

ONLINE, ON THE PHONE, ANYTIME

<https://www.childline.org.uk/>

**shout
85258**

TEXT 'SHOUT' TO

85258

here for you 24/7

<https://giveusashout.org/>

PAPYRUS
PREVENTION OF YOUNG SUICIDE

HOPELINEUK
0800 068 41 41

<https://www.papyrus-uk.org/>

SAMARITANS

Call 116 123 for free

<https://www.samaritans.org/?nation=scotland>

Anxiety UK

03444 775 774 | Text support: 07537 416 905 (open Mon-Fri 09:30-17:30)

<https://www.anxietyuk.org.uk/>

A useful website to use → <https://www.nhs.uk/every-mind-matters/urgent-support/>

Happy Well-being Wednesday!

Where to get help if you need support in school:

@RPCC there is so much support.

- Tutors
- Head of year support
- Heads of year
- Teachers
- Support staff
- Mental Health support workers
- SLT
- Well-being Champions
- Mental health Ambassadors
- Safe space stickers
- Library with a range of resources
- Anti-bullying ambassadors
- Peer mentoring program

