

# People's experiences working with Healthy Minds

This leaflet contains some comments  
people have made about the treatments  
they have received from Healthy Minds

## Covering:

Books and Booklets Prescription Scheme  
Courses for anxiety and depression  
Computerised cognitive behaviour therapy (CCBT)  
Cognitive behaviour therapy (CBT)



## **Books and Booklets Prescription Scheme**

“I wasn’t cynical about the book prescription scheme, but I did wonder what it could do for me. I didn’t think that I would be able to get better and get rid of my anxiety attacks by reading a book, but I was very willing to give it a go.

I found the book that was recommended to me very easy to read, it had clear explanations, good exercises and I found I could relate to the topics. This combined with the weekly telephone calls helped me to think realistically about my anxiety.

This programme worked very well for me as I now have a lot more confidence and feel like I’m back to being me again. I would recommend this programme to anyone who suffers from anxiety and wants to overcome it.”

## **Courses for anxiety and depression**

“I enjoyed meeting other people with similar issues.”

“It was comforting to discuss things with people who could relate and understand because they felt the same way.”

“I thought it was useful to come away with comprehensive notes. I have been able to refer back to them and carry out certain exercises when I’ve had a bad day.”

“The whole group was fantastic. The three therapists were great in explaining the course and what we would be doing over the sessions.”

“I found it really rewarding and was able to use all of the tasks in everyday life.”

“I looked forward to each week... I enjoyed meeting people with the same problems as me; it has really helped me a lot.”

“I liked feeling that I wasn’t the only feeling the way I was feeling.”

“I found it very useful to understand more as why I was feeling or acting the way I was.”





“It was so helpful to meet with others in the group to share similar problems and realise that I was not on my own.”

“The course was clearly presented and I liked the way things were explained clearly about thoughts and how to think differently/ handle them.”

### **Computerised cognitive behaviour therapy (CCBT)**

“I found the CCBT very useful and used it in my own home, which was better for me.”

“I found it very helpful and I am appreciative of the fact that the NHS can provide this facility.”

### **Cognitive behaviour therapy (CBT)**

“After the birth of my baby last year I soon suffered a period of very bad post natal depression. At first I began taking prescribed antidepressants and sedatives (as one of my symptoms was extreme insomnia, sometimes only sleeping for an hour a night). These tablets only seemed to make me feel even more depressed and hopeless.

I was then referred for a course of CBT and although I had had CBT previously and found it helpful I didn't believe it could touch this extreme depression. But after only four weeks my outlook on my life began to improve I started to feel that I did in fact actually have some control over it. My insomnia and the continual tremors I suffered began to subside.

Although it did take at times hard work and looking at the darker corners in my mind I kept hidden I now believe that CBT has improved my whole life for now and in the future. I realise that although I cannot change the events that happen in my life, I can change how I choose to deal with them and how I behave in situations. I would strongly recommend CBT!”



## Contact Us

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