



Bucks Mental Health — Healthy Minds

# Cognitive behavioural therapy (CBT): Information for carers of people with dementia

## What is CBT for carers?

Carers of people with dementia may experience feelings of burden and stress from time to time.

CBT stands for 'cognitive behavioural therapy' and is an approach used to help people understand how their thoughts, feelings and behaviour are linked. It can help reduce feelings of stress and depression.

## Who is the CBT for carers group for?

The group is for carers of any age who are:

- caring for someone with a diagnosis of dementia
- feeling stressed or depressed
- looking for ideas to care more effectively for their relative or friend

## What does the group cover?

- managing your own stress levels.
- how best to support your relative when they are distressed
- understanding dementia and your reaction to it.
- exploring different ways of interacting with your relatives
- You will also meet other carers and be able to share ideas and experiences of caring for someone with dementia.

## Who runs the group and how often?

CBT for carers groups are being run across Buckinghamshire in 12 weekly sessions, each lasting half an hour, by experienced clinicians. These professionals vary depending on where the group is being held.

If you are interested in attending a CBT for carers group and you are registered with a Buckinghamshire GP, or need more information, please contact Healthy Minds:

Healthy Minds

Buckinghamshire Primary Care Wellbeing Service

Call: 01865 901600

Fax: 01865 262333

Email: [healthy.minds@oxfordhealth.nhs.uk](mailto:healthy.minds@oxfordhealth.nhs.uk)

Text: **TALK** and your name to 07798 667169 and we will call you

Web: [www.healthymindsbucks.nhs.uk](http://www.healthymindsbucks.nhs.uk)

## Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: [EqualityandInclusion@oxfordhealth.nhs.uk](mailto:EqualityandInclusion@oxfordhealth.nhs.uk)

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরম্যাট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

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यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए हो तो कृपया हम से पूछें

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