

Are you suffering with...

- ★ ANXIETY
- ★ DEPRESSION
- ★ OCD
- ★ PANIC DISORDER
- ★ AGORAPHOBIA
- ★ SPECIFIC PHOBIAS

At Pure Innovations, we are offering low-intensity CBT for people who are experiencing common mental health problems.

How does it work?

Cognitive behavioural therapy (CBT) can help you make sense of overwhelming problems by breaking them down into smaller parts. In CBT, problems are broken down into 5 main areas:

- Situations
- Thoughts
- Emotions
- Physical feelings
- Actions

CBT is based on the concept of these 5 areas being interconnected and affecting each other.

What we offer?

We offer an assessment to find out what support you need. If we are not the right service for you, we can offer advice and information on other services. Through a combination of treatment sessions and in-between session tasks, we will support you to develop tools and techniques to help you feel better.

How to get in touch?

You can request a referral form or find out more via our email

IAPTteam@pureinnovations.co.uk

Or leave a voicemail with us on

0161 470 1227



PURE INNOVATIONS
The key to a fulfilled life



We will aim to get back to you within 48 hours

Pure Innovations Ltd.

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