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Guided self-help on the NHS. Guided self-help is where you work through a self-help workbook or computer course with the support of a therapist. You can get psychological therapies, including guided self-help, on the NHS. You can refer yourself directly to an NHS psychological therapies service (IAPT) without a referral from a GP.

Self-help therapies - NHS

SelfHelpWorks uses an engaging online video format to deliver evidence-based cognitive behavioral training self-management

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programs online. They are an ideal low-cost adjunct or alternative to live or telephonic coaching, and participants love them – even those with low literacy levels.

Healthcare Providers – SelfHelpWorks

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Self-Help Works: Powerful Resources Available Online

A large wellness program provider compared the before and after annual Health Risk Assessment scores of 60,000+ participants who took at least one SelfHelpWorks program. These are the results of that study.

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Overview – SelfHelpWorks

In the midst of all this, which causes more confusion for readers, Self-Help That Works is a gem! The authors have been meticulous in reviewing a long list of books, films, and online resources and selecting the best and most useful ones.

Amazon.com: Customer reviews: Self-Help That Works ...

Overcoming Depression: A Self-help Guide by Gilbert; Overcoming Anxiety: A Self-help Guide by Kennerley; Overcoming Anxiety, Stress and Panic by Williams . OCD Support Groups and Discussion Forums. Other self-help resources include community led online forums and support groups. A good community group can make a real difference in guiding and helping people.

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OCD and Self-Help Resources | OCD-UK

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GamCare Self-Help Workbook – Section Three. The worksheets
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