



For more information
please call 0161 226 3871 or
email: etherapy.admin@selfhelpservices.org.uk
@weareselfhelp

WHO CAN ACCESS THIS SERVICE

eTherapy is for people who are:

- Struggling with anxiety, depression and other common mental health issues
- Wanting to focus on the present - here and now - rather than the past
- Willing and able to complete homework between sessions
- Able to read and understand English
- Not at risk of self-harming or suicide
- Willing for their GP to be informed of the referral