**Welcome to Moray Primary Care Psychological Therapy Service**

Are you feeling overwhelmed by anxiety or Depression?

If so, let’s discover how Cognitive Behavioural Therapy (CBT) can help you.

Our self-referral service is here to assist adults over 18 years old using CBT. CBT helps you transform both your thoughts (Cognitive) and actions (Behaviour) to improve your overall well-being. Instead of dwelling on past issues, CBT focuses on tackling present challenges and finding solutions to uplift your mood.

What can CBT help with?

* Feeling depressed or anxious (mild-moderate)
* Worries in social situations
* Fear of open spaces or crowded places
* Sudden panic attacks
* Obsessive-compulsive traits
* Health-related anxieties
* Generalised worry and tension
* Coping with trauma
* Struggling with self-esteem
* Sleep issues

Is there anything CBT doesn’t cover?

While CBT is effective for many challenges, there are certain areas it can’t address directly. These include:

* Autism assessments
* Family or social problems, debt-related issues
* Psychosexual difficulties
* ADHD and ASD (unless it’s treating a co-existing mental health problem and the condition is mild-moderate)
* Drug and alcohol misuse
* Addictions (unless it’s treating a co-existing mental health problem and the condition is mild-moderate)
* Eating disorders
* Significant risk of self-harm or harm to others
* Psychoses
* Personality disorders
* Relationship issues as the primary concern

So how do I self-refer?

If you feel CBT might help, you can self-refer using the information below:

You can contact our office on 01343 553109 to complete a brief form with our team secretary. You will be allocated to a practitioner for an initial triage appointment to establish if you are suitable to go onto our waiting list for CBT.

Important:

Moray Primary Care Psychological Therapy Service is not an emergency service. If you, or someone you care about, is at significant risk of harm to themselves or others, then please contact your own GP or NHS24 on 111.

Take charge of your mental well-being today with our Psychological Therapy Service and start your journey towards a happier, healthier you!