



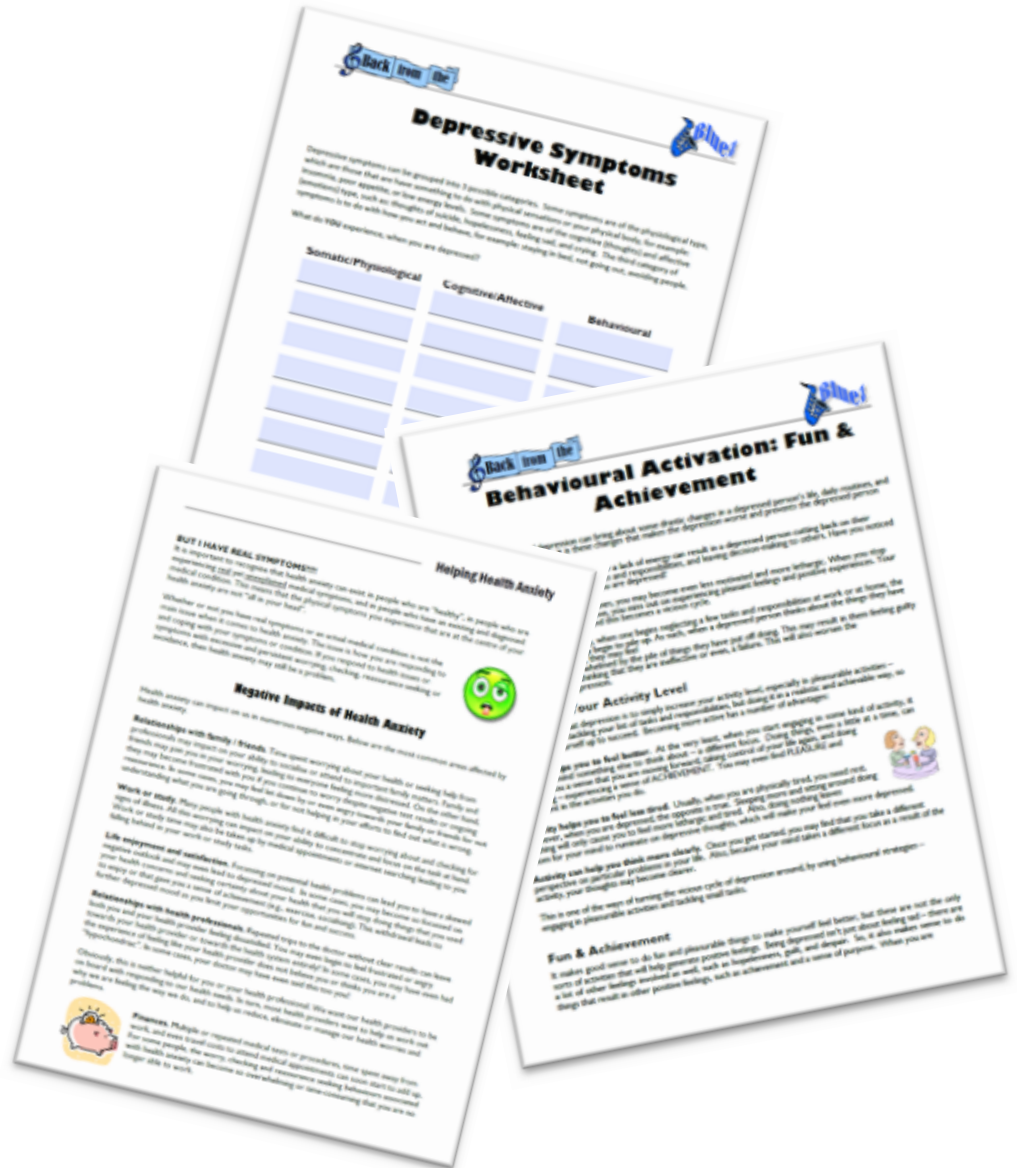
Looking for high-quality, free mental health resources that you can direct your patients to online or print off for them?

Good Thinking, London's Digital Mental Wellbeing Service, has collated a set of evidence-based workbooks from the renowned Centre for Clinical Interventions (CCI), as used in IAPT.

Individuals who need intensive support can work through a series of modules to improve their mental health.

To view, download or print the workbooks, visit www.good-thinking.uk/workbooks

We regularly add new resources so keep checking back to see what's new.



Downloadable workbooks



Sleep

These four information sheets contain facts about sleep and insomnia as well as advice about sleep hygiene.

Anxiety

This workbook has 10 modules and covers everything from negative beliefs through to problem solving, helpful thinking and self management.

Health Anxiety

With nine modules, this workbook helps those who worry excessively about their health and provides advice on healthy living and self-management.

Depression

As well as an introduction to depression, this workbook features nine modules by Back from the Bluez, which include behavioural strategies and core beliefs.

Self Compassion

With seven modules, this workbook explains how to introduce self-compassionate thinking and behaviours into your life.

Mindfulness

These three information sheets cover the benefits of mindfulness and provide guidance on how to become mindful.

Panic

Featuring 12 modules, this workbook covers everything from unhelpful thinking styles through to breathing and self-management.