

### Information for GPs

#### Making a referral for facilitated self help – Practice-Based Self-help Clinics:

#### Criteria

This service is appropriate for people who are experiencing mild to moderate depressive and anxiety disorders. Those who are experiencing severe depressive and anxiety symptoms would not be suitable for referral to the self-help clinic until their symptoms had reduced to mild or moderate levels.

#### Exclusions

- Drug or alcohol misuse
- Suicidal ideation
- High levels of self-reported hopelessness
- Severe and enduring mental health problems
- Visual impairment
- Intellectual impairment

#### Who would work well with facilitated self help?

Clients who...

- Are able to show some insight into their problems.
- Have a particular problem that they want to make improvements on.
- Accept personal responsibility for change and sees this as an opportunity to strengthen their self-help efforts.
- Show potential to develop an alliance with the facilitator.
- Are motivated to make changes.
- Are able to engage with a *structured* and *practical* approach.
- Can remain *focused* on the task during sessions.
- Are able to relate the cognitive behavioural model to their own problems, i.e. that emotions, coping and symptoms can be affected by habits of thinking, beliefs and behaviours.
- Can access and detect own thoughts.
- Have awareness of own emotions and can differentiate between them.

If the problem has been around for a number of years (e.g. more than 5) the effectiveness is likely to be reduced however some positive gain may be made.

#### Is this person appropriate?

Consider the above information, if someone fits the criteria and is motivated to change –

1. Give brief information and leaflet about the approach
2. Encourage the person to make an appointment.

### About the approach

The materials used in the self-help clinic follow a cognitive behavioural model (CBT). This model enables us to see how our thoughts, behaviours, physical reactions and feelings are interconnected. Gaining an understanding of how these areas are connected enables us to learn ways to make changes, for instance in our behaviour or thinking that may affect how we feel emotionally and physically. There is a lot of research evidence that this is an effective treatment for problems such as anxiety and depression.

Self-help takes a *goal-oriented, problem-solving approach*. Self-help will encourage the individual to consider their current problems and how to make changes to these, which will involve trying things out, and learning new skills. The skills learnt through self-help may help them to deal with problems more effectively in the future.

### The aims of Self-help

1. To increase a person's *knowledge* and help them to gain an *understanding* of their difficulties by using relevant educational materials about problems such as anxiety and depression.
2. *Learn skills* that can help them to manage their difficulties better.