



Together,
let's care
for your

Mental
health

Computerised Cognitive Behavioural Therapy for Anxiety and Depression (cCBT).

- Robust evidence shows cCBT is an effective treatment for depression in adults
- Works at least as well as antidepressant medication
- Can help change negative thought patterns and improve the way you feel
- Gives you techniques to use in everyday life to protect long-term mental health
- Is available to patients across Scotland

cCBT is an effective intervention for mild to moderate depression and anxiety recommended by NICE. Guidelines recommend cCBT as a treatment option – SIGN guideline 114 (Non Pharmacological Treatment of Depression in Adults).

What is computerised Cognitive Behavioural Therapy (cCBT)?

cCBT is an effective online treatment for people experiencing mild or moderate depression and/or anxiety. cCBT can help change unhelpful ways of thinking that affect how you feel. You complete eight weekly sessions of 50 minutes each at home or at a community library. Video clips and exercises help you learn ways to manage depression and anxiety. Short sections let you take things at your pace.

The treatment materials work on PCs, laptops, Android and Apple smart phones and most tablets. cCBT is confidential – you'll have a unique username and password so no one else can access your details. All data is stored in an encrypted database.

cCBT is available across NHS Scotland. See your GP to ask for a referral.

The benefits

cCBT can provide many benefits for you, including:

- Waiting no more than 5 working days before starting treatment
- Improved flexibility and access to psychological therapies, giving you more choice
- More than 3 in 4 people are satisfied with their treatment
- Staff actively monitor patients reporting suicidal thoughts.

To find out more visit
nhsinform.scot/youmatterwecare