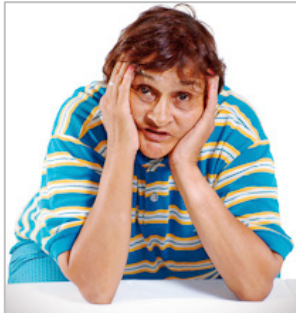
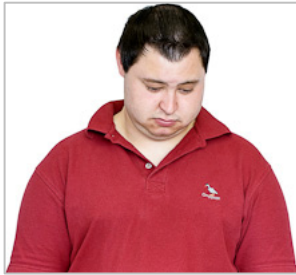


# what is Cognitive Behavioural Therapy



CBT means **Cognitive Behavioural Therapy**



- CBT can help you with your feelings
  - you may be feeling sad for long periods of time
  - you may be feeling very worried

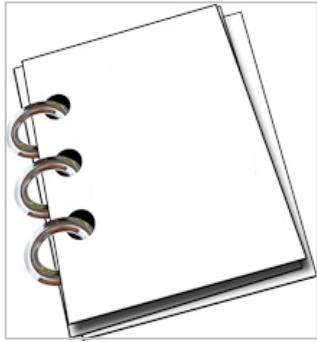
- CBT can help you with your behaviour



we will talk about how you can feel better again



- CBT can help you **think differently** about problems
- CBT can help you **do things differently**



- the CBT therapist will also give you some homework
- it is important that you do the homework
- this is so that you can **practise** what you did in the session