

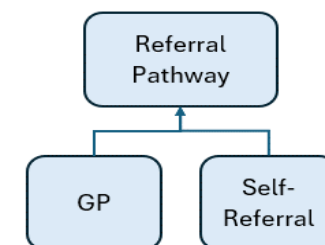
Mental Health and Wellbeing Service and Supports

Primary Care Psychological Therapy Service

Aberdeenshire Primary Care Psychological Therapies Service provides locally based support to help treat and manage common mental health difficulties, such as anxiety or depression, using evidence based Cognitive Behavioural Therapy (CBT).

The service provides a range of support including low intensity input using CBT based interventions and high intensity one to one specialist support over a longer period.

Appointments are undertaken either in person or online and referrals can be made via GP or self-referral. To access the service via self-referral call 01224 937110.



Mind Yer Mind - <https://www.mindyermind.com/>

Mind Yer Mind is a campaign by Aberdeenshire Community Planning Partnership. The website provides users with advice on how to look after their own mental health and wellbeing and information on local resources including a downloadable toolkit.

Five steps you can take to look after you mental wellbeing are:

1. **Connections** – good relationships help to build a sense of belonging, allowing you to share experiences, and support each other.
2. **Learning** – acquiring new skills boosts your confidence, gives you a sense of purpose, and helps you connect with others
3. **Taking notice** – Paying more attention to the present moment can improve your mental wellbeing. It can help you understand yourself and the world better.
4. **Giving** – creates positive feelings, giving you a feeling of purpose and self-worth, and helps you connect with others.
5. **Being Active** – this can help to raise your self-esteem by setting and achieving goals, and by causing chemical changes in your brain that have a positive impact on mood.