

Service provided by

ieso



Anxious? *Stressed?* Depressed?

Online therapy could be the answer. Try text-based cognitive behavioural therapy (CBT) with ieso.

Type one-to-one, just you and a fully-qualified CBT therapist

As sessions take place online, writing to one another via computer, smartphone or tablet, this means they can happen whenever it suits you and wherever you feel most comfortable. At the same time, giving you access to the help you need as quickly as possible.

Using text-based cognitive behavioural therapy (CBT), we'll work with you to spot how some of your thoughts affect your behaviours and feelings, and teach you ways in which you can improve your quality of life day-to-day, in as few as 4-12 sessions.

ieso treats a range of common mental health problems including anxiety and worry, low mood, depression, stress, post-traumatic stress disorder, obsessive compulsive disorder, phobias and sleep disorders.



The advantages of *online* therapy

Like face-to-face CBT therapy, our sessions are one-one and strictly confidential. The only difference is that you type your responses.

And because we've helped so many people already, we better understand what words really make a difference in therapy, and we use that learning and evidence to better treat you.

Meaning with ieso, you'll have the same chance of recovery as with face-to-face therapy. Without the long waiting times.

Flexible

Appointments are available seven days a week, 6am - 11pm, and can be scheduled to suit you and work around your commitments.

Get started quickly

The time between sign-up and your first session is a matter of days rather than months.

Accessible everywhere

Do your sessions anywhere — all you need is a device that connects to the internet.

Support between sessions

You can message with your therapist in-between sessions for support with tasks.

Life friendly

We fit sessions around your commitments.

Time-saving

No need to travel, so less hassle and less wasted time.

100% Confidential

Text with your therapist via a secure online platform. As the sessions are typed, no one will overhear your conversation.

Guidance beyond therapy

Learn practical skills that you can use in real life. Maintain your progress by accessing past sessions and activities in your account even after you've finished therapy.

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Take your *first* *step* in recovery.

To join the tens of thousands of people who've already used our one-to-one online therapy to help themselves feel better, visit:

www.iesohealth.com

Or if you prefer, speak to a member of our team confidentially on 0800 074 5560 (9am – 5:30pm weekdays).



ieso is working in partnership with the NHS in Doncaster and Rotherham. To be eligible for online therapy on the NHS, you must be aged 18 or over and registered with a GP in Doncaster and Rotherham.