

Low Intensity CBT Coaching



Country &
Outback Health

Short-term, 6 session guided self-help, recommended for individuals (16+) experiencing mild to moderate issues with their mental health, anxiety or depression.

Our mental health Low-Intensity Cognitive Behavioural Therapy (LICBT) coaches recognise the strong link between our thoughts, feelings and behaviour, and how positive change in one area of your life can trigger positive change in other areas resulting in an overall improvement.

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This service is goal focused; in your initial appointment you will work with your mental health LiCBT coach to develop 2 personal goals that you want to achieve. Over the next 6 appointments your mental health LICBT coach will guide you through a workbook, tailored to your main concern, which aims to help you recognise unhelpful thoughts, feeling and behaviours and how to manage them to lessen their impact on your daily life.

Support for people who are experiencing:

- Mood changes associated with depression or lack of motivation
- Avoidance of situations (including social withdrawal)
- Ongoing worries and anxious thoughts
- Panic attacks
- Perinatal depression
- Chronic pain

Our team can help you develop the tools you need to better manage your main concern and get more enjoyment out of life.

To access this FREE service, you can complete an online self-referral form or speak to your doctor about accessing this service through Country & Outback Health and they will complete a referral on your behalf.

Visit our website for service locations

Country & Outback Health is a not-for-profit organisation that provides a range of mental health, general health and NDIS support services to South Australians living in rural and regional areas.



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Please phone us or visit our website for more information

P: 8644 4900
www.cobh.com.au

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Country & Outback Health is not an emergency service. If you require immediate support or medical assistance contact Emergency Services on 000 or go to your local hospital. For non-emergency assistance contact the following 24-hour support lines: • healthdirect 1800 022 222
• Regional Access 1300 032 186 • Lifeline 13 11 14 • Mental Health Emergency 13 14 65
• 13 YARN 13 92 76 • QLife 1300 555 727 • Kids Helpline 1800 55 1800