

The *Living Life* team

We are a team of Cognitive Behavioural therapists and trained self-help coaches.

We will work alongside you as you go through the most appropriate treatment.

Evaluation

It is important for us to know that Living Life is doing what it is meant to do and is helpful to all who use the service. In order to do this, Living Life will be evaluated and we will collect information on:

- who uses our service
- how people respond to input
- what people think of Living Life.

Any information gathered will be kept anonymous and you will never be identified. We will provide more information about this when you first contact us. You can of course choose not to take part in the evaluation.

Feedback

We welcome any feedback about your experience of using Living Life or the care you receive. A feedback form will be sent to you after you have completed your therapy or self-help. These forms are anonymous and you will not be identified.

This will give us the opportunity to read your feedback and use it to continue to improve the service we provide.

Opening hours

Living Life is open from Monday to Friday 1pm – 9pm.

Other useful contacts

Living Life to the Full

This website offers a free life skills course that aims to provide access to high quality, practical and user-friendly training.

www.livinglifetothefull.com

Depression Alliance Scotland

This is a new website which offers online support and encouragement to young adults who are affected by depression.

www.dascot.org

Breathing Space

0800 83 85 87

(Mon – Thurs 6pm-2am and weekends 24hrs)

Breathing Space is a free and confidential phoneline service for any individual who is experiencing low mood or depression, or who is unusually worried and in need of someone to talk to.

www.breathingspacescotland.co.uk

Samaritans

08457 909 090 (24 hrs)

Samaritans provides confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

www.samaritans.org

Living Life

A FREE confidential telephone service based on Cognitive Behavioural Therapy, for people aged 16 and over, who are feeling low, depressed or anxious.

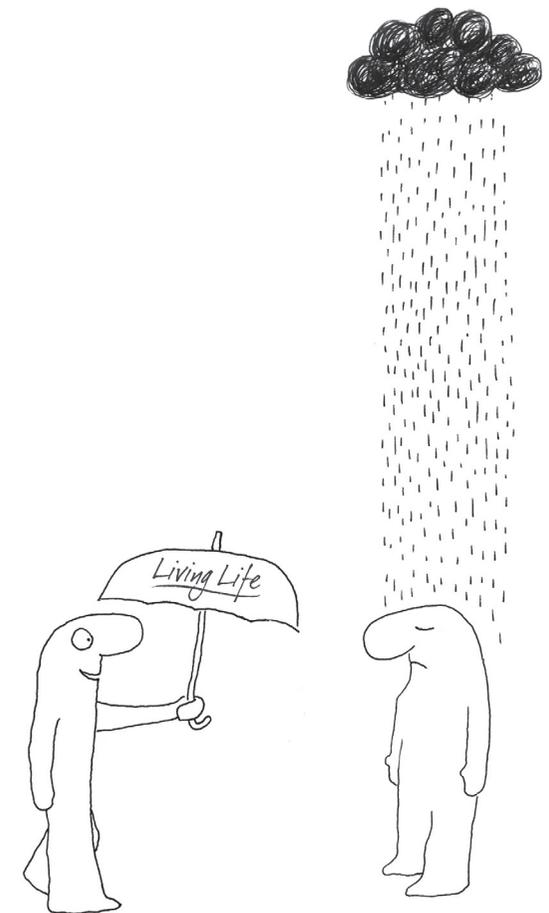
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Living Life

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What is *Living Life*?

Feeling low, depressed or anxious are common problems. Some people recover in a few weeks on their own while others need more specialist help and support. That's where Living Life can help.

Living Life is a new telephone service based on Cognitive Behavioural Therapy (CBT). We provide help for people suffering from low mood, mild to moderate depression, symptoms of anxiety or a combination of both.

Living Life offers two services:

- Supported Self-Help - speaking directly with a self-help coach
- Cognitive Behavioural Therapy - speaking directly with a qualified therapist.

What is Supported Self-Help?

Supported Self-Help involves speaking with a self-help coach, whilst working exclusively with manageable workbooks, in a structured format based on the CBT approach. The self-help coach will guide you through workbooks, helping you to understand some of the reasons why you are feeling low, depressed or anxious. The workbooks can also help teach you how to use these new ways of coping in your life.

What is Cognitive Behavioural Therapy (CBT)?

CBT is a combination of two types of therapy:

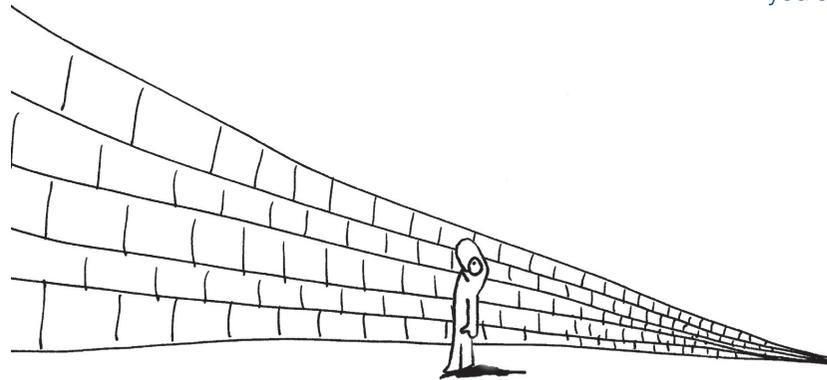
- '**cognitive**' helps you to look at your thought processes which, when experiencing low mood, depression or anxiety, can be unhelpful in your life.

and

- '**behavioural**' what you do in response to these unhelpful thought processes.

CBT is based on the belief that most unhealthy ways of thinking and behaving have been learned over a long period of time. Through Supported Self-Help or CBT you will learn to change this way of thinking, helping

you react more positively, while boosting self-esteem and confidence. It is an empowering and practical way of encouraging self-help.



The service will help you by:

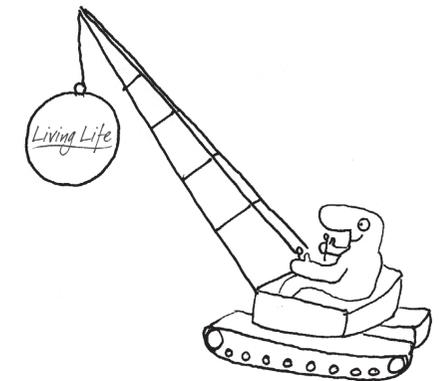
- giving you information
- supporting you with helpful resources
- giving you additional coping skills
- referring you onto other services where appropriate.

Being part of Living Life will mean:

- you have to wait less time before speaking with a specialist who can help
- you receive the treatment and support that is best for you
- you are able to speak with someone on a regular basis to discuss your difficulties
- you will have support in the privacy of your own home at a time that suits you.

What to expect from telephone based therapy and self-help

You will be offered a series of telephone support sessions talking you through specific materials and workbooks, which will be sent to you through the post, or you can download or access them via the internet. The sessions will be weekly or fortnightly over a period of approximately four to twelve weeks at a time suitable to you. Once you have completed the work, we will inform your doctor who will then speak to you about further options, if necessary.



What happens now?

If you would like to know more about Living Life, please take this leaflet into your appointment with your doctor. If you both agree that it would be an option for you then the doctor will start the process by completing a short questionnaire. The questionnaire, a PHQ9, will be sent to Living Life and will help decide the best treatment for you.

Alternatively, you can self-refer to Living Life by calling the number direct.

When you call Living Life, a staff member will take some details. A first appointment will be allocated to you to enable us to gather further information, tell you about the Living Life service and to discuss if Living Life is the best service for you.