

## Computerised Self-Help for Depression

### Would like further details?

- Download available information from <http://www.ioh.uea.ac.uk/ccbt>
- Contact us:
  - By phone or text: **07775 013 451**
  - Via email: [ccbt@uea.ac.uk](mailto:ccbt@uea.ac.uk)

- **Depression or mood problems**
- **Over 18**
- **Registered with a GP in NHS Norfolk**

### You can participate in a research study which offers:

Free and confidential access to Computerised Cognitive Behaviour Therapy (cCBT) as recommended by the National Institute for Health & Clinical Excellence (NICE).

Flexibility to use Computerised Cognitive Behaviour Therapy (cCBT) for 6 months from home with regular monitoring and support from an NHS member of staff over the phone.