The Programme

Nine modules of interactive content including over 60 self-help exercises

Contents

The Programme has been developed over a ten year period with service user participation every step of the way, and continues to evolve in the light of new research to keep abreast of the most recent and the most effective develop-ments in clinical practice ...

"... I was suffering from stress, I needed help to keep me calm and this has really helped"

JL, Abergele

"I'm finding this a great way to work with people - everyone has been very positive about the programme. I feel that I have managed to make progress with 8 people today, usually I would see a maximum of 4 people in a day, what with travelling etc."

LM, Psychologist

"It's absolutely super, I'm really, really impressed with it, it's a wonderful thing to have…"

AD, Denbigh

Feeling lost …
Stressed, Anxious, Low Mood?

Would you like to feel happier,
and more relaxed?

The Serenity Programme

Guided Online Self-Help

For Anxiety & Depression

For more information:
www.serene.me.uk

Version 1.1 Nov 19 2010

The Serenity Programme

Positive

- At least 1 in 5 people are affected by depression or anxiety at some point in their lives. Because some don't seek help, many people think the true figure is much higher

- Cognitive Behaviour Therapy (CBT) has been used successfully in the UK for several years to help people overcome the symptoms of stress, anxiety and depression

- Many people have found that brief programmes of Computer-assisted Cognitive Behaviour Therapy (or 'cCBT' for short), especially when combined with support from another person, have helped them to overcome their symptoms of stress, anxiety and depression

Effective

- The unique, award-winning Serenity Programme brings together for the first time new approaches to CBT, alongside other tested and proven methods, to provide a new and comprehensive guided recovery programme that can help eliminate your symptoms and help you regain control of your life once more

- The Programme helps us appreciate the relationship between how we feel, think and behave. Our greater understanding then helps us to identify more options to deal with our symptoms

- You can see rapid gains in your health if you work through the web-based programme and practice the exercises between modules

Act Now!

- The Serenity Programme is fast, effective and easy to use; all you need is access to the Internet and our easy-to-use website

- The Programme can help you to make meaningful changes and to become healthy & symptom-free

Benefits

- Award-winning Internet approach
- Work at your own pace
- Address problems specific to you
- Identify your own treatment goals
- Simple, fast, secure website
- Length and duration of programme can be adapted to your needs
- Monitor your own progress
- Simple to use
- As used in the NHS today
- Confidential - no personal data is stored or sent over the Internet

The Serenity Programme is a thorough, professionally designed, evidence based guided online self-help programme to support your recovery from stress, anxiety and depression

Banish panic attacks and stress, feel more confident and relaxed