

What if I cannot attend?

Please call the department at least 48 hours before your appointment to rearrange.

Where does it take place?

Sessions are held at the 'Health and Wellbeing Centre' situated in Whinacre House, BVH.

How to find us...

Address: -

Occupational Health Department,
The Health & Wellbeing Centre
Blackpool Victoria Hospital,
Whinacre House,
North Park Drive,
Blackpool,
FY3 8NQ

☎: 01253 956205

bfwh.occupational.health@nhs.net

OHD is based at Whinacre House,
near to Blackpool Victoria Hospital.

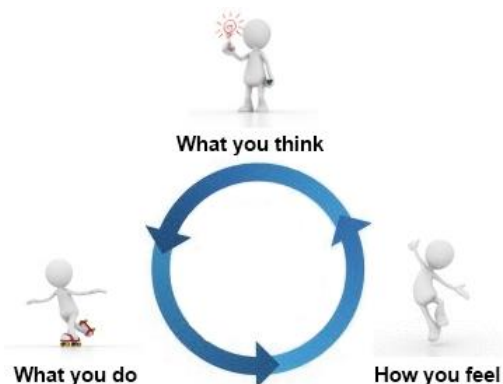
Parking is available on the Hospital
pay and display car parks near by.

The Occupational Health
Department is open Monday to
Friday, 8.15 am to 5pm.

OCCUPATIONAL HEALTH DEPARTMENT

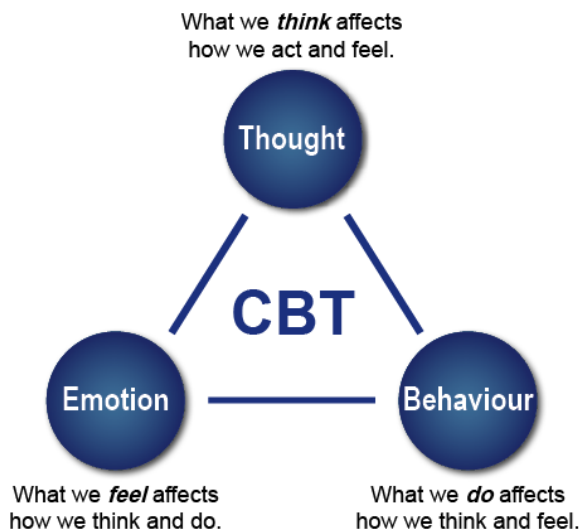


Cognitive Behavioural Therapy Service for Staff



What is Cognitive Behavioural Therapy?

- CBT is a short-term structural therapy for understanding and managing your emotional, behavioural, physical and/or cognitive difficulties in your life.
- It is short-term focused and goal orientated and involves motivation and willingness to make changes.
- It initially emphasises the 'here and now' and how difficulties are affecting you and impacting on your work and/or personal life.



Why CBT?

CBT is an evidence based therapy for helping people to develop coping skills/strategies for:

- DEPRESSION
- ANXIETY PROBLEMS
- EATING DISORDERS
- OBSESSIONS
- HABIT DISORDERS
- ADJUSTMENT DISORDERS
- AND OTHER STRESS RELATED ISSUES

Who can use the CBT service?

This free service is available to all BFWH staff. However, external staff can access the service if their manager agrees to funding for the session.

For further details about the referral process please contact the Occupational Health Department.

How do I access CBT?

Employees cannot self-refer. Your manager must refer you in the usual way outlining problems/issues that you may have. The Occupational Health Doctor or Occupational Health Advisor will then decide if CBT is appropriate in your particular case.

How long does CBT take?

Sessions can last up to one hour. Four sessions are arranged but some people benefit from more. This varies on the individual and their needs.