

Some signs that may indicate difficulties with mental health:

- Changes in mood
- Social Withdrawal
- Spending more time alone
- Difficulties sleeping
- Changes in eating habits
- Unexplained physical pains and aches
- Difficulty concentrating

Let's talk
about it.



www.oxfordcbt.co.uk

How Are You Really Feeling?

Therapy for happier
healthier living.

Find out how Oxford CBT help people to overcome a range of difficulties to enhance wellbeing.

Looking to make positive changes in your life?
Our guidance is tailored to enhance your overall well-being and equip you with the tools you need to lead a happier, more fulfilling life.

Don't settle for less than you deserve - Oxford CBT is your partner in unlocking your potential and achieving your dreams.

Services to help people access the support they need.

Assessments

Start getting support for Autism and ADHD quickly.

Life Skills

Workshops on topics including mindfulness, exam stress and confidence-building.

Evidence Based Therapy

For adults, young people and children, to treat a range of anxiety, mood and behaviour difficulties. These include:

- **CBT**
- **CBT-E (for eating disorders)**
- **Online therapy**
- **Performance coaching**

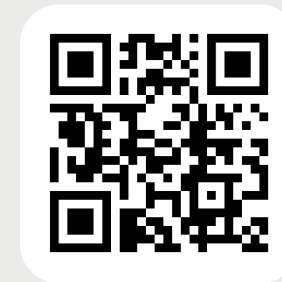
**Take a
breath.**



Committed to empowering you with the strength and skills to navigate life's stresses with compassion and kindness.

Welcoming clients with a professional, supportive, and sympathetic environment that delivers long-term and sustainable benefits.

Connect with us.



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www.oxfordcbt.co.uk

Welcoming clients online or at our clinics in Oxford or Birmingham

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