

# Clear, Calm, Compassionate Therapy



Access the support and tools you need right away.

## Do these sound familiar?

- Changes in mood
- Difficulties sleeping
- Spending more time alone
- Changes in eating habits
- Difficulty concentrating

Empowering clients to live purposeful  
& fulfilling lives through self-discovery.

## Why choose us?

- ✓ **Fast & Flexible Access**
- ✓ **Online or In Person**
- ✓ **Experienced Professionals**
- ✓ **Tailored Treatment Plans**

A decorative image showing several round, glowing pendant lights hanging from thin cords in a lush, green indoor setting with plants.

Let's talk  
about it



←  
scan  
this

Take control of your mental health journey today.

Contact us to find out more

[oxfordcbt.co.uk](https://oxfordcbt.co.uk)

01865 920077 | [contact@oxfordcbt.co.uk](mailto:contact@oxfordcbt.co.uk)

## Our services

- **Autism and ADHD Assessments**
- **Evidence-Based Therapy for Adults and Children**
  - CBT
  - CBT-E (for eating disorders)
  - Online Therapy
- **Mental Health First Aid and Wellbeing workshops**