

COMBATting MENTAL HEALTH STIGMA

ASK FOR IT BY NAME: CBT

What is CBT?

The way we view and think about situations influences how we feel emotionally and how we act. CBT helps people live the lives they want to live by learning and practicing new skills to challenge unhelpful patterns of thinking and reacting.

Is CBT right for me?

People living with the following may benefit from CBT:

- Anxiety
- Depression
- Personality disorders
- Psychotic disorders
- Eating concerns
- Problems sleeping

Core Components

- CBT is focused on the present, is time-limited, skill-focused, and problem-solving oriented.
- Treatment focuses on building new skills that lead to new ways of thinking, feeling, and reacting.
- Each session follows a similar pattern: check in, agenda setting, discussion of agenda items, summary, feedback, and practice skills outside of session

Techniques used in sessions include:

- ✓ Thought checking
- ✓ Behavioral activation
- ✓ Problem solving skills
- ✓ Relaxation
- ✓ In vivo exposure



Combatting Stigma

If you're experiencing anxious thoughts or overwhelming sadness, you're like many other people. CBT is a practical treatment to help you learn the skills to take control of your mental health, while receiving support from a caring therapist.

Don't Miss Out!

Call CBH Member Services at 888-545-2600 and ask for CBT.

For more detailed information, visit [DBHIDS.org/EPIC](https://www.dbhids.org/EPIC).

THE EVIDENCE-BASED PRACTICE AND INNOVATION CENTER (EPIC)

Effective Practices that Support People with Behavioral Health Challenges

EVIDENCE-BASED PRACTICES: EBP

What are EBPs?

EBPs or Evidence-Based Practices are treatments supported by research that have been proven to help people thrive.

Why are EBPs important?

Just as doctor's offices look for the best treatments for physical health concerns, we want to do the same for behavioral and mental health concerns. EBPs provide hope to families by offering the most effective treatments.

Where can I find EBP providers?

Visit our website, DBHIDS.org/EPIC or call Member Services at 888-545-2600.



Provider agencies offering Cognitive Behavioral Therapy

in the Community Behavioral Health Network

- **Asociacion Puertorriquenos en Marcha (APM)**
267-296-7220
- **Cognitive Behavioral Services**
267-258-9290
- **COMHAR for adults**
267-861-4382
- **Consortium**
215-748-8400
- **Hispanic Community Counseling Services**
for children and adults 215-291-8151
- **Horizon House for adults**
215-386-3838 ext 12503
- **Intercommunity Action for children and adolescents**
215-487-1330
- **Northern Children's Services for children**
215-482-1423
- **PATH**
215-728-4565
- **Penn Presbyterian Medical Center**
215-662-8747
- **WEDGE for adults**
215-276-3922