## **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 timelimited, skill-focused, and problemsolving 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
- ✓ Relaxation
- ✓ Behavioral activation ✓ In vivo exposure
- ✓ Problem solving skills



# 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.** 





#### THE EVIDENCE-BASED PRACTICE AND INNOVATION CENTER (EPIC)

Effective Practices that Support People with Behavioral Health Challenges

## **EVIDENCE-BASED PRACTICES: EBP**

#### What are EBPs?

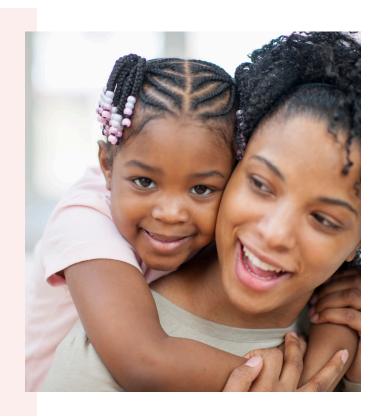
EBPs or Evidence-Based Practices are treatments supported by research that have been proven to help people thrive.

## 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





Delivering Evidence-Based Practices Throughout Philadelphia. DBHIDS.org/EPIC