



IAPT

Space from **Health Anxiety**



**HEALTH ANXIETY CAN OCCUR IN
4% TO 25% OF THE POPULATION***

Effective online solution to address Health Anxiety

Helping people with Health Anxiety

Space from Health Anxiety is part of our unique 8-programme suite built in conjunction with Berkshire Healthcare NHS Foundation Trust. The programme addresses the root of your anxiety – persistent and

"I used to constantly check for signs that I was ill. There are still days where I feel anxious but the programme has really helped me to develop more balanced thoughts and think about my worries in a different way."

excessive worrying about your health status, which can cause great distress and impact on your day-to-day life.

Easy to follow, supportive

Work independently at your own pace with ongoing guidance and support from your therapist.

Providing the skills to effectively manage health anxiety

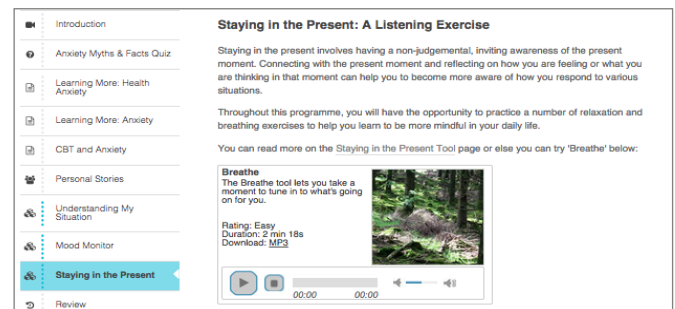
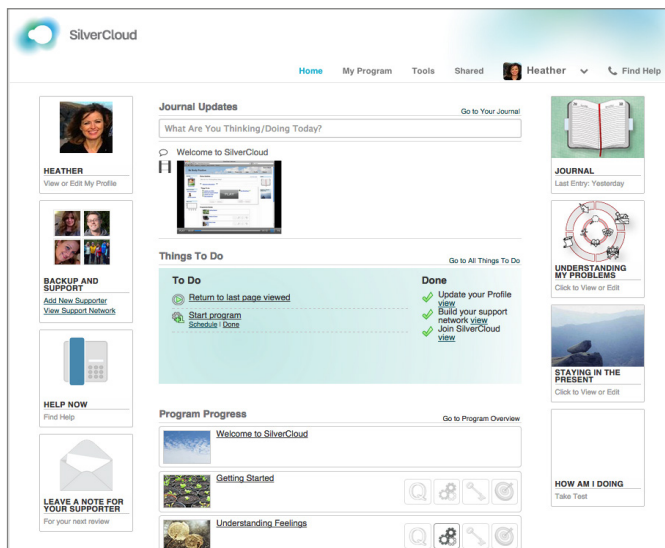
Programme content is based on Cognitive Behavioural Therapy (CBT).

CBT helps you to look at ways to challenge the way you interpret symptoms and the things you do, to help you reduce and manage your anxiety.

*In health anxiety prevalence varies greatly from 4% to 25% depending on patient, medical condition and medical setting. (cf. Tyrer, H. (2013). Tackling health Anxiety: A CBT handbook. London: RCPsych Publications.)

Developed in collaboration with Berkshire Healthcare **NHS**

NHS Foundation Trust



A variety of interactive tools and apps help you to develop skills to manage your symptoms and build resilience.

Accessible

Access it 24/7 - on your computer, tablet or mobile phone.

Flexible, online solution

8 online modules help you to understand how health anxiety develops and to learn effective techniques to:

- Challenge unhelpful thinking

- Reduce unhelpful behaviours such as checking and reassurance seeking

- Challenge avoidance and safety behaviours that maintain your anxiety

Highly Engaging

The programme is packed with videos, quizzes and effective tools and activities to help you gain control of your anxiety including:

- Understanding my situation

- Hierarchy of fears activity

- Relaxation and breathing exercises

Personalised care path

Health anxiety can co-exist with other difficulties such as depression or panic. The programme allows your therapist to customise content and tools, to meet your specific needs.

Learn how to challenge and change unhealthy thoughts and behaviours that maintain your anxiety, and develop a more balanced and realistic view.

