

# Stress control



Stress control courses are designed to provide useful information and practical techniques, based on Cognitive behavioural therapy, to help you manage stressful situations with confidence and ease.

**What is it?**  
Taught course ✓

**Cost?**  
Free ✓

**No. of sessions?**  
Six ✓

**How long?**  
90 minutes ✓

It is a course where you simply come along, listen and learn some great ways to control stress.

**Courses run throughout the year. To register for the next course please speak to your GP or contact your local IAPT team directly on:**

**Tel.**  
**Email.**

01947 899270

making a

difference

together