



Find a Way Forward with CBT Counselling

Change the way you think. Change the way you feel.

Cognitive Behavioural Therapy (CBT) helps you understand the patterns of thinking and behaviour that shape your emotional wellbeing. Together with our counsellor, you'll learn practical tools to challenge unhelpful thoughts, manage stress, and move toward lasting change.

Whether you're struggling with anxiety, low mood, relationship tensions, or simply feel stuck, CBT offers a structured and supportive path forward.

What to Expect

- Short-term, focused sessions (typically 8–10)
- Confidential, compassionate support from our accredited professional
- Practical strategies you can start using right away
- A space to build resilience, calm, and confidence

Take the First Step

You don't need to face things alone.

Reach out today and start discovering what's possible.

☎ 0141 248 5249 ✉ Enquiries@[rsglasgow.org.uk](mailto:Enquiries@rsglasgow.org.uk) 🌐 www.rsglasgow.org.uk

Counselling Services Glasgow— helping people, partners , and families find healthier ways to think, feel and connect.