

What people have said



Being able to do therapy through messaging helped me to open-up more as I find talking difficult, but typing allowed me to think and process what I wanted to say.

Charis, Trustpilot review



Was nervous to begin with, but my therapist made me feel at ease throughout my treatment. It was taken at my speed, every step was explained.

Simon, Trustpilot review



I found this service easily and quickly accessible when I was feeling particularly desperate.

Claire, Trustpilot review



The main thing I loved about it is that you type, so you don't have to speak to anyone when talking about emotional experiences. There are also no awkward silences- just typing and thinking.

JS, Trustpilot review



Take your *first step* in recovery

Join the tens of thousands of people who've already used our one-to-one online therapy to help themselves feel better.



Scan the QR code to get started or visit:

iesohealth.com/surrey

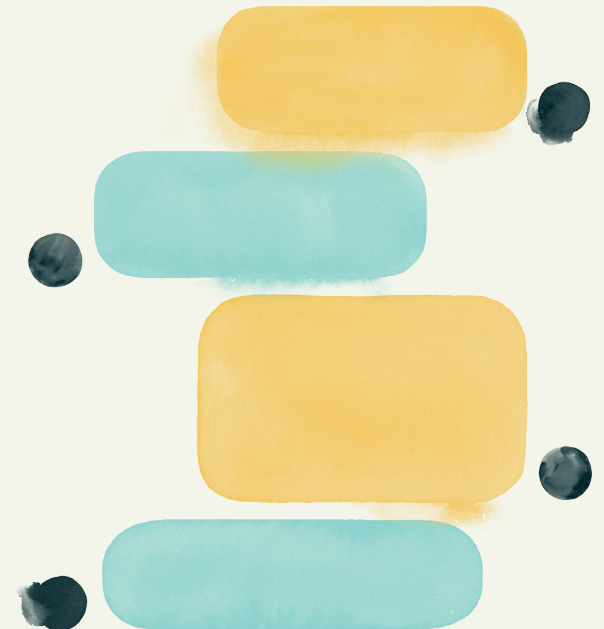
ieso treats a range of common mental health conditions including:
Anxiety and worry | Low mood | Depression | Stress | PTSD | OCD | Phobias | Sleep disorders

ieso is an NHS Talking Therapies service working in partnership with NHS Talking Therapies in Surrey. To date, we have treated over 145,000 NHS patients. To be eligible for typed therapy you will need to be aged 17 or over and registered with a GP in Surrey. Please note some parts of Surrey may not be covered. For more information or to contact us please visit our website. Texts cost your standard network rate.

Service provided by
ieso

NHS
Talking Therapies

Feeling *worried*?
Stressed out?
Anxious all the time?



Try text-based cognitive behavioural therapy with ieso. It's available free through the NHS.



Why *typed* therapy?

Typed Cognitive Behavioural Therapy (CBT) takes place online, so you won't need to miss work or travel, and you do not need to be concerned about spelling mistakes or having to type fast. Research has proven that typed therapy is as effective as face-to-face therapy. Our patients tell us typed therapy makes it easier to open up and reflect on their thoughts and behaviours than if they were sat in front of a therapist.

How does it work?

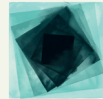
CBT is an effective treatment for managing feelings of anxiety and worry, depression, and common mental health conditions. Through 1:1 typed conversations with your therapist, learn practical skills to use day-to-day to help manage your feelings.

Before each session, your therapist will check in with how you are, so they can tailor your treatment to be as effective as possible. Between sessions, your therapist will ask you to keep a journal and do thinking exercises to help develop positive, long-term habits. Research shows a little work leads to better recovery and can help keep you feeling well after your therapy sessions have ended.



What we can *help* with

Mental health issues can affect all of us in different ways. iewo therapists are fully qualified to treat a wide range of common symptoms.



Anxiety
and worry



Stress



Sleep problems



Panic attacks



Depression



Fears and
phobias



Obsessive compulsive
disorder (OCD)



Post-traumatic stress
disorder (PTSD)

And even if you don't identify with any of these terms, our typed therapy can be helpful should something significant happen in your life. Things like losing a job, negative feelings after having a baby, or being diagnosed with a health condition.

The *benefits* of typed therapy

Like face-to-face CBT therapy, our sessions are one-one and strictly confidential. The only difference is that you type your responses.



Flexible

Appointments available 7 days a week, 6am - 11pm.



Get started quickly

No long waiting times.



Time-saving

No need to travel to your appointment.



Accessible everywhere

All you need is a device that can connect to 4G or the internet.



Confidential

Type with your therapist via a secure online platform.



Support between sessions

Message with your therapist in-between sessions.



Guidance beyond therapy

Learn practical skills that you can use in real life.