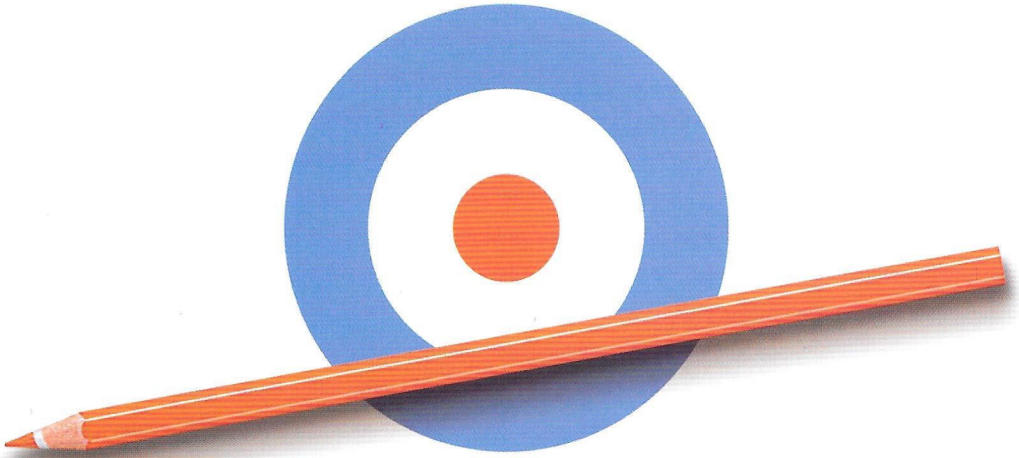


Aims?
Wellbeing. ✓
Happiness. ✓



OXFORD
CBT
Enhancing your wellbeing.



We can help with that.

Cognitive Behavioural Therapy is proven to help people experiencing a range of mental and physical health challenges, such as:

Anxiety

Stress

Panic

OCD

Autism and ADHD Assessment

Mental Health First Aid Training

Depression

Sleep

Social Phobia

Adults. ✓

Children. ✓

Schools. ✓

Employers. ✓

What's next?

Get in touch.

01865 920077

info@oxfordcbt.co.uk

www.oxfordcbt.co.uk