

## 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:

[mindler.co.uk/rotherham](https://mindler.co.uk/rotherham)

*Previously known as ieso*

Your referral will be processed by our team and you'll receive an email and text message regarding the next steps.

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

Mindler is an NHS Talking Therapies service working in partnership with NHS Talking Therapies in Rotherham. To date, we have treated over 145,000 NHS patients. To be eligible for typed therapy you will need to be aged 18 or over and registered with a GP in Rotherham. Please note some parts of Rotherham may not be covered. For more information or to contact us please visit our website on the link above.

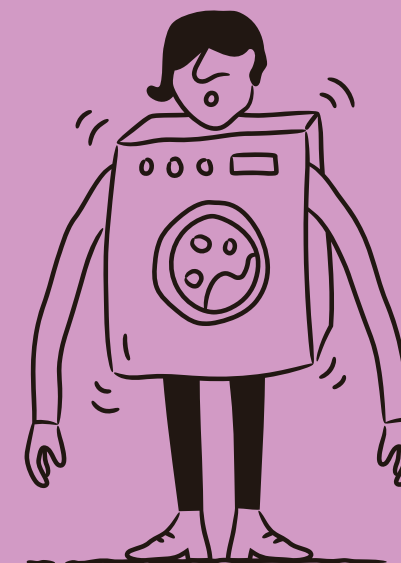
Service provided by

 **MINDLER**

*Previously known as ieso*

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

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



Service provided by

 **MINDLER**



**Talking Therapies**

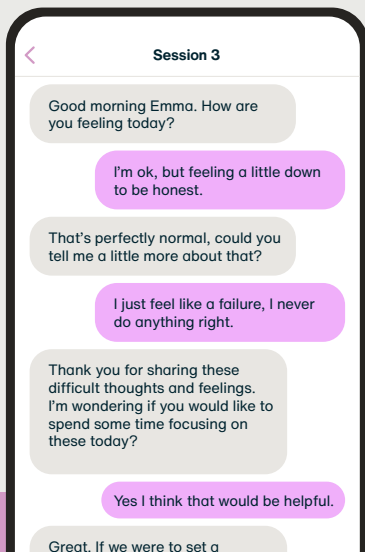
# Why typed therapy?

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?

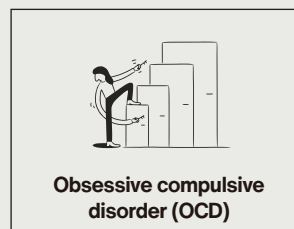
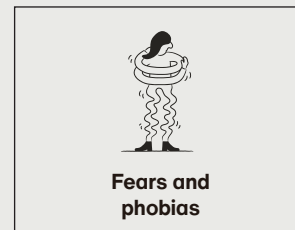
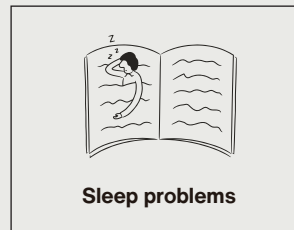
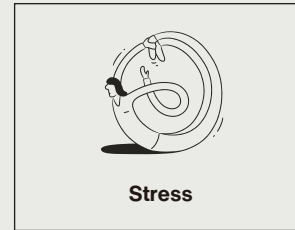
CBT is an effective treatment for managing feelings of anxiety and worry, depression, and common mental health conditions. Through one-to-one typed conversations with your therapist, learn practical skills to use day-to-day to help manage your feelings.

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. Mindler therapists are fully qualified to treat a wide range of common symptoms.





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, you will have one-to-one sessions with a qualified therapist through Mindler's secure online platform.


 **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 in real-time via a secure online platform.

 **Support between sessions**  
Message with your therapist in-between sessions.

 **Guidance beyond therapy**  
Access transcripts from past sessions for reinforced learning.