making space

Kind hearted care and support



CCBT Service

Computerised Cognitive Behavioural Therapy



CCBT is a digital form of mental health support that combines an easy-to-use online platform with regular phone or video sessions, making therapy more accessible and affordable.



At Making Space, our centralised CCBT service offers personalised one-to-one support from a dedicated Psychological Wellbeing Support Worker to help you manage your mental health and wellbeing.

"After doing this I feel like a different person, it has been massive, I look at things in completely different ways that I know I wouldn't have done a few months ago. I have even noticed a difference with my children; we now have a happy household. My support worker was so kind and understanding."







Our support can be delivered over the phone or by video call on days/times that are convenient for you, for about 6 - 8 sessions.

Support is tailored around learning simple techniques based in cognitive behavioural therapy, to help you to manage feeling low, anxious or overwhelmed, as well as creating a space to talk through what is going on for you.

Our team will create a safe and supportive space for you to express your concerns and will listen and work with you, at your own pace, to guide you through. Our support is tailored to suit your style of learning. So far, our CCBT offer has supported individuals who have opted in to manage their wellbeing, feel more in control and feel better in themselves.

How to contact us

If you are interested in support or would like further information, please email:

centralisedCCBT@makingspace.co.uk.

Choose the option that works best for you:
6 sessions – £180 or 8 sessions – £240
Affordable, accessible support designed to help you take positive steps forward.

If you would like this leaflet in a different language or format, please contact:
marketing@makingspace.co.uk

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