



Above: Kristen Bell and Jesy Nelson (right) encourage therapy

# MODERN THERAPY

WITH MENTAL HEALTH ISSUES ON THE RISE, THESE NEW TAKES ON THERAPY MAKE SEEKING ADVICE MORE CONVENIENT THAN EVER

Millions of people across the UK are affected by mental illness and it is estimated that one in six of us have experienced a common mental health problem in the past week alone. Celebrities including Emily Atack, Jesy Nelson and Kristen Bell have opened up about how therapy has helped them get through difficult times. *Frozen* star Kristen recently said, "You do better in the gym with a trainer; you don't figure

out how to cook without reading a recipe. Therapy is not something to be embarrassed about." And Little Mix star Jesy Nelson recently made *Odd One Out*, a documentary about her struggles, which saw her sit down with a therapist. As well as traditional face-to-face consultations, there are a growing number of ways to seek help which fit in with our busy lifestyles. Qualified psychotherapist Phoebe Williams, who has seven years of experience in the field, discusses the benefits of each method...



1

**GLYDE: glyde.co**  
**WHAT IS IT?**

**Video call or phone therapy**

**THE EXPERT SAYS:** "Glyde is a service that offers users the opportunity to book in with professionally registered therapists. They're trained in multiple therapeutic approaches including Cognitive Behavioural (CBT) and psychodynamic therapies, and sessions will be conducted either over the phone or via video chat. Therapist profiles make it easier for people to identify who they feel might be a good fit for them and offer the type of therapy that they are looking for. A good option for individuals wanting to experience high-quality therapy at a time that is convenient for them and in the comfort of their own chosen environment."



2

**SPILL: spill.chat**  
**WHAT IS IT?**

**Message-based therapy**

**THE EXPERT SAYS:** "Spill offers companies and universities packages in which they can offer their employees and students therapeutic support. Spill is a message-based counselling service which works in a way that

is similar to emailing and users can expect a response from their assigned therapist around twice a week. Spill encourages users to build upon their own emotional intelligence and to talk about the stresses that work, studying and home cause with the aim to provide preventative support and reduce diagnoses and symptoms."



3

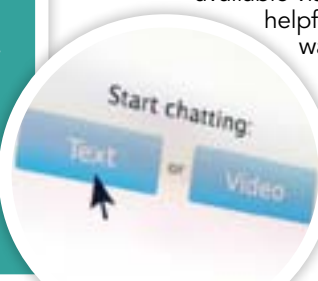
**IESOHEALTH: iesohealth.com**  
**WHAT IS IT?**  
**CBT therapy online**

**THE EXPERT SAYS:** "Ieso offers free online CBT therapy to NHS patients in many different areas of the UK. If eligible, users are matched with a therapist and an appointment is arranged at a time that is convenient, this will usually be within 10 working days. Online sessions are a great option for individuals who prefer to stay anonymous and would feel more comfortable talking over message rather than face to face or over the phone. CBT can be used to treat a range of mental health problems including anxiety and depression and Ieso therapists are fully qualified to support users in working through these difficulties."

4 **MIND: mind.org.uk/information-support/helplines/web-chat**

**WHAT IS IT? Free online chat with a mental health charity**

**THE EXPERT SAYS:** "Mind is a UK charity that provides advice and support to empower anyone experiencing mental health difficulties. The option to talk to a member of their team over webchat is available via their website and is a helpful tool for individuals wanting practical advice on different mental health problems, medication, and support. You're unlikely to be speaking to a registered therapist on these chats but the staff can still be incredibly helpful on many issues."



Emily Atack has been helped using therapy

5

**WOEBOT: woebot.io**  
**WHAT IS IT?**  
**A therapy chatbot**

**THE EXPERT SAYS:** "Woebot is a chatbot that uses CBT techniques to help people improve their ability to regulate their moods and teaches them to acknowledge, challenge and adapt negative thinking. Rather than talking to a therapist, users of the Woebot app will receive messages that help them to think through difficult situations, learn about themselves and their emotions and gain skills that reduce difficult and challenging feelings. Again, useful for those who find it difficult to open up face to face with someone else." **OK!**

WITH THANKS TO PHOEBE WILLIAMS AND GLYDE.CO

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PHOTOS: GETTY