



THE UNIVERSITY  
of EDINBURGH

## Centre for Psychological Therapies

Do you have a child with emotional difficulties such as anxiety or low mood?  
The Centre for Psychological Therapies may be able to help you.



The Centre for Psychological Therapies is a training and research centre at the University of Edinburgh staffed by clinical psychologists and psychological therapists supervising placements to therapists in training.

They offer time-limited, evidence-based psychological therapies (predominantly CBT) for mild to moderate mental health issues such as anxiety and low mood. They are not part of the NHS; however, clients must be registered with a GP in Edinburgh or the Lothians to attend.

Families and young people self-refer and they offer in-person and online sessions.

They currently have availability for new clients and are keen to offer early intervention for children and young people in the community up to the age of 26.

To self-refer or for further information please email [cpt@ed.ac.uk](mailto:cpt@ed.ac.uk)