

COMFORTABLE & CONVENIENT THERAPY...

At Ambimind, we know that opening up and talking honestly can be a challenge, especially when you are in a different environment. This is why we have made it our mission to change the way that therapy is accessed. Along with our face to face appointments, we also offer telephone and video appointments so that you can access therapy from the place you feel most comfortable.

We have designed our service to fit around you and your daily life. We can arrange appointments and provide care from any place at flexible times.

All you need to access our online therapy appointments is a Laptop/PC or a smart device and Wi-Fi.



ABOUT US...

Our mission is to provide exceptional mental healthcare to our patients from any place.

Through our Ambimind online platform, telephone, and face to face appointments, we deliver high quality care for private patients and public organisations.

We aim to help patients recover and manage their symptoms in their day to day lives without the need for further intervention. We are dedicated to helping our patients address and overcome any challenges with a warm and tailored approach, maintaining our proven track record of exceptional support with the highest level of compassionate care and confidentiality.

CONTACT US

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ambimind



Therapy from anywhere, 7 days a week



GENERAL ASSESSMENT, CBT
AND GOAL BASED INTERVENTIONS

WHICH TREATMENT IS BEST FOR ME?

GOAL BASED INTERVENTIONS

Goal based interventions develop our resilience and promote emotional wellbeing. Ambimind use evidence-based interventions for people who are experiencing mild to moderate mental health difficulties.

Your clinician will work closely with you to help you break down the thoughts and feelings that worry and distress you. Once these thoughts are broken down into smaller parts, they become much more manageable.

Each of your appointments will focus on what you want to achieve and we will work together to create a positive therapy experience.



COGNITIVE BEHAVIOURAL THERAPY (CBT)

CBT is an evidence based psychological treatment which focuses on helping you to make sense of your thoughts and feelings.

Your clinician will work closely with you to figure out how the challenges you are faced with are being maintained by unhelpful feelings and thoughts.

You will learn to recognise the negative cycles which are contributing to your low mood and how to challenge them. You will learn techniques and strategies to help you break the negative thought cycles and improve your mood in the moment.

CBT can help build up your self confidence and encourage you to seek help and support from your friends and family when you need it.

WHAT TO EXPECT...

1. Once we have received your online enquiry or referral, we will be in touch to discuss your therapy needs and your appointment availability.
2. We will send you some questionnaires to complete, these will help us to provide the best treatment options for you. You will discuss these options with your clinician.
3. Our online platform allows for supporters and family to attend your appointments too if you wish.
4. Your clinician will chat with you and get to know a little bit about you and what is troubling you, you will also discuss the challenges which you are facing.
5. At the end of each of your appointments, your clinician will write a report which will be a summary of what you have been finding difficult and what can be done to help you.