

# Problem Solving

## Mood Juice: Self Help Guide

<http://www.moodjuice.scot.nhs.uk/problemsolving.asp>

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## Problem solving self-help guide

Work through a self-help guide for problem solving based on Cognitive Behavioural Therapy (CBT).

Navigate self-help guide
1. Introduction
2. Identifying problems
3. Types of problem - Activity 1
4. Recognising there's a problem
5. Barriers to problem-solving
6. Activity 2 - writing your problem list
7. Activity 3 - focusing on one problem
8. Activity 4 - pros and cons

Section 1 of 12

### 1. Introduction

**Urgent help**

This self-help guide is intended for people with mild-to-moderate mental health issues.

If you're feeling distressed, in a state of despair, suicidal or in need of emotional support you can phone NHS 24 on 111.

For an emergency ambulance phone 999.

It's easy to feel overwhelmed by problems, particularly if you're experiencing mental health difficulties. This guide:

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