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# The Little Cbt Workbook

**the care certificate mental health, dementia and learning ...** - the care certificate workbook standard 9  
1 mental health conditions there are numerous mental health conditions including psychosis, depression,  
mood disorder and anxiety. in any year, 1 in 4 adults in britain will experience at least one mental **primary  
care referral form - bouncebackontario** - over the last 2 weeks, how often have you been bothered by any  
of the following problems? (use "p" to indicate your answer) not at all several days more than half the days  
**mindfulness - here to help** - mindfulness do you want to slow down? accept and better manage challenging  
emotions? spend more time living in the present moment? mindfulness can help! mindfulness is a tool that  
anyone can use at any time.

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