

# **Guided self-help CBT intervention for Voices (study 3)**

***Recruitment is currently taking place for the GiVE3 Study***

GiVE3 is a randomised controlled trial which aims to improve access to cognitive behavioural therapy (CBT) for service users who experience distressing voices.

Participants will meet with a researcher for an initial assessment and will then be randomly allocated to receive either CBT (in addition to their usual care) or only their usual care. Participants will be asked to complete some questionnaires at two further meetings.

*Participants will receive up to £80 and travel expenses for attending assessments.*

*We are recruiting service users who are:*

- Currently distressed by hearing voices
- Diagnosed with psychosis
- 18 years or older
- In contact with Secondary Care Mental Health Services

**For further information please contact us on:**

**[GIVE3@spft.nhs.uk](mailto:GIVE3@spft.nhs.uk)**

**0300 304 0088**

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