

NHS (2022). *Cognitive Behavioural Therapy (CBT)*

<https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/cognitive-behavioural-therapy-cbt/>

Mind (UK Charity) (2021). *CBT and Challenging Thoughts*

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/treatment/>

YoungMinds (UK) (2023). *Looking After Your Mental Health*

<https://www.youngminds.org.uk>