Learn more about the Improving Access to Psychological Therapies programme: www.letstalkwellbeing.co.uk
If you are aged 18 or over and having difficulties such as feeling low, anxious or stressed and would like help from some short term talking therapy, you can discuss this with your GP who may arrange a referral to the Let’s Talk – Wellbeing service. Alternatively you can refer yourself directly by completing the self referral form fully at the back of this leaflet, or you can securely and confidentially complete the self referral information online at www.letstalkwellbeing.co.uk where you can also find further information about the service.

Once we receive your referral, we will review the information you have provided and contact you within 2 working days. On receipt of your referral we will offer you a phone assessment to assess whether the Let’s Talk – Wellbeing service is best suited to meet your needs. From here we will discuss and agree treatment options with you.

At the first appointment with your Let’s Talk – Wellbeing therapist, we will work with you to understand what the problem is and to agree the next steps.

Together, you and your therapist will plan a programme of support and self help activities that match your individual needs and have been shown to be effective and helpful. The options may include a stress control course, group workshops, one to one appointments, self help books, leaflets or computer packages, and telephone support.

Together you will decide how long this support is required depending on your needs. If you decide a course would be best to get you started, you could attend this within a few weeks. Other face to face options may take a little longer to arrange.

Welcome to Let’s Talk – Wellbeing, providing help for people with anxiety, depression and other similar difficulties. Let’s Talk – Wellbeing is available in many different places in the community.

How the service works

Welcome to Let’s Talk - Wellbeing Nottingham City and County

You and your therapist will:

- Work closely with your GP (with your permission only) and anyone else involved in your care and treatment
- Help you to make the best use of any medication that your GP has prescribed by giving you information on the medicine and any possible side effects
- Review how you are feeling through regular discussions and by using standard questionnaires
- Consider further options such as additional appointments or information

The best care and the most positive results begin with mutual trust and honest communication.
Let’s Talk – Wellbeing provides a range of face to face talking therapies, groups and computerised self help materials to treat mental health difficulties that affect 1 in 4 of us at some time in our life.

Therapies we offer

Cognitive Behavioural Therapy (CBT)

CBT is a treatment that can help with a wide range of problems including depression and anxiety, sleep problems and coping with long term health conditions. It is based on the idea that the way we feel is affected by our thinking (cognition) and by how we behave and CBT aims to help address this.

SilverCloud

SilverCloud is an online solution that provides a broad range of programmes to help you in your recovery journey. Designed to help with symptoms of low mood and anxiety, it’s flexible for use anytime, on your computer, tablet or on a mobile phone. You work at your own pace with ongoing reviews from your therapist.

Interpersonal Psychotherapy (IPT)

IPT is a structured form of psychotherapy which looks at the ways for instance relationships contribute to psychological stress. It provides a focused way of treating symptoms of depression.

Counselling

There are times when things get on top of all of us and we could do with some help. We will give you the time to talk about what is troubling you. By talking things through you can often get a clearer understanding of yourself and of the difficulties you are having. It is a way of taking more control of your life and beginning to change the things that you want to change.

Eye Movement Desensitisation and Reprocessing (EMDR)

When a person is involved in a distressing event, they may feel overwhelmed and their brain may be unable to process the information like a normal memory. The distressing memory seems to become frozen and when triggered the initial distress returns. The alternating left-right stimulation of the brain with eye movements, sounds or taps during EMDR, stimulate the frozen or blocked information processing system. The distressing memories then lose their intensity, so that they are less distressing and more like ‘ordinary’ memories.

Mindfulness - Based Cognitive Therapy (MBCT)

MBCT is a group programme that combines meditation and CBT in order to help people manage problems with low mood and stress. It is recommended within health guidelines as suitable for people who repeatedly suffer with depression. This programme can help reduce the risk of future episodes.
Employment Advisory Service
Following discussion with your therapist, you may be referred to an Employment Advisor who will offer individually tailored support to complement your therapy and help you to remain in or return to work.

Feedback
We welcome patient feedback and are committed to improving our service. If you would like to tell us more about your experience with Let’s Talk – Wellbeing, please visit:
http://feedback.nottinghamshirehealthcare.nhs.uk

Confidentiality
We believe in respecting and maintaining your confidentiality. We will not share personal information about you unless we have your permission or if the health, safety or welfare of yourself or someone else is at serious risk.

Please state the changes you would like to make through therapy and the reasons for doing this now:

Further information
Are you currently taking any medication prescribed by a doctor? If yes, please specify:

Do you have a history of mental health problems? If yes, please tell us what help/contact you have had with services in the past:

Are you currently (or have been in the last 6 months) receiving any form of therapy from a counsellor, therapist, nurse, psychiatrist, psychologist or other? If yes, please give details:

Are there any other professionals involved in your care?
Are there any social and/or domestic problems (e.g. housing, relationships, employment)? If yes, please specify:

Do you currently use drugs or alcohol? If yes, please give details and amount:

Have you had any suicidal thoughts within the last 3 months that you have wanted to act on? [ ] Yes [ ] No
Are you pregnant or mother of a child less than 12 months? [ ] Yes [ ] No
Have you served in the armed forces? (Veteran) [ ] Yes [ ] No

Additional needs
Please outline any specific needs which we may have to take account of:
[ ] Language [ ] Cultural [ ] Access [ ] Disability [ ] Other
Details:

Do you foresee any difficulties in attending weekly therapy sessions?

Where did you hear about our service?

Please return the form to:
Let’s Talk - Wellbeing, Duncan Macmillan House, Porchester Road, Nottingham, NG3 6AA

Please return the form to: