

Do you think you might be experiencing problems with anxiety or depression?

Sometimes it can be hard to recognise your problems and to work out whether treatment might be useful to you. The symptoms listed below are frequently associated with anxiety and depression. You might find it helpful to check through this list to see if you, or someone you care for, might be experiencing similar difficulties.

Over the last two weeks have you often found yourself:

- Feeling nervous or on edge
- Being easily annoyed
- Worrying most of the time
- Feeling as if something awful might happen
- Feeling life is too much to bear
- Having little interest in doing things
- Feeling down or depressed
- Having difficulty sleeping
- Being tearful

If you have answered yes to at least three of these symptoms and they are preventing you from carrying out your normal daily activities, it is possible that you may benefit from our service and you could complete the self-referral form described under the section 'How to access this service'.

What happens to your referral?

We will review the information provided by you and your GP to make sure that we are the right service to provide you with the help you need.

At this stage we may contact you to recommend a different service if we think they could offer help or support that is better suited to your problems. If we believe we have the right kind of help for you, we will contact you to arrange an initial meeting between you and a therapist or practitioner to plan the best way forward.

All the talking therapy programmes we offer require commitment and input from you. In order to benefit, you need to attend agreed meetings and undertake work between sessions. We understand that this is not always easy and we will discuss the demands of the therapeutic programme with you at the start to make sure you are aware of what you will need to do.

Further information from:

Talking Change
Psychological Services
The Pompey Centre
8F Fratton Way
Portsmouth PO4 8TA

Tel: 023 9289 2920

Fax: 023 9289 2947

www.talkingchange.org.uk

You can get this information in large print, Braille, audio or in another language by calling 023 9268 4818.

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Improving Access to Psychological Therapies

Talking Change

Self-help and talking therapies for people with common mental health problems



Common mental health problems

One in four of us will have some sort of mental health problem in our lifetime. This means there are millions of people in Britain who are either having problems themselves, or know someone else who is experiencing them. These conditions, which may range from very mild to quite severe, can occur at any age and many people have to cope with a mixture of problems. It is very common, for example, to experience both depression and anxiety.

Of course it is quite normal for us all to have days when we feel a little down or worried about things that have happened, or that we fear might happen in the future. When we feel able to cope with these experiences, there is usually no need for any help from others.

Sometimes however, these distressing feelings go on far longer than expected and come to dominate our lives. If this is happening to you, or someone you know, it's important to get help.

How can we help?

Different treatments are recommended for different problems. Talking therapy, self-help approaches, medication and exercise tend to be most commonly recommended interventions for common mental health problems such as anxiety or depression. We offer psychological interventions that include talking therapies and self-help programmes. Our staff team is made up of psychologists, cognitive behaviour therapy (CBT) therapists, psychological practitioners and trainee therapists and practitioners. Every member of staff follows guidance from the National Institute of Health and Clinical Excellence (NICE) to ensure we offer treatments that have been found to be most effective with common mental health problems.

Help for mental health problems

The main programmes we offer are based on the principles of CBT. This is the NICE recommended talking therapy for common mental health problems such as anxiety and panic, depression, obsessive/compulsive problems and post-traumatic stress disorder. We offer individual meetings and/or group sessions, and we can conduct some of the sessions by phone or on the computer if you prefer. We have different locations and opening hours across the city, and all our venues are wheelchair accessible.

Help to find employment

If you require it, we will help you to access other support services that may help you find work, change your job or apply to a training or education programme to increase your skills.

How to access this service

This NHS service is open to all adults aged 18 years and over who are registered with a Portsmouth GP, and who are not currently receiving services from the Adult Mental Health Service (there is a talking therapies service available within this service – talk to the mental health professional involved in your care). You can refer yourself to us by picking up a self-referral pack from your GP surgery or local health centre, or by downloading the self-referral forms on our website **www.talkingchange.org.uk**.

Fill out the forms and answer the questions as best you can and send them to our office address. If you prefer, you can ask your GP or another health professional to help you complete the forms. We are also happy to help you complete the forms – please telephone us to discuss.