

# Let's Talk-Wellbeing

Healthy thinking across Nottingham City and County

Anxious or feeling low?



# Welcome to Let's Talk - Wellbeing Nottingham City and County

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 across Nottingham City, Broxtowe and Hucknall, Rushcliffe and Gedling.

## How the service works

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](http://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.



## 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:

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## Further information

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

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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:

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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:

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Are there any other professionals involved in your care?

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

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

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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

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*Please outline any specific needs which we may have to take account of:*

Language  Cultural  Access  Disability  Other

Details:

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Do you foresee any difficulties in attending weekly therapy sessions?

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Where did you hear about our service?

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**Please return the form to:**

**Let's Talk - Wellbeing, Duncan Macmillan House, Porchester Road,  
Nottingham, NG3 6AA**



# Self Referral Form

Please provide as much information as you can to help us understand your needs. If you need help completing the form please call us on **0115 956 0888**.

## Contact details

Full Name: \_\_\_\_\_

Title: \_\_\_\_\_

NHS Number: \_\_\_\_\_

Gender: \_\_\_\_\_

Address: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Marital Status: \_\_\_\_\_

Ethnicity: \_\_\_\_\_

Postcode: \_\_\_\_\_

Mobile Number: \_\_\_\_\_

## Can we make contact or leave a message via the following methods?

*Please tick all that apply*  SMS Text

On answer machine

Email

First/preferred language: \_\_\_\_\_

Is an interpreter required?  Yes  No

If yes, please give details: \_\_\_\_\_

## GP details *We are required to notify your GP that you are accessing the service.*

GP Name & Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

## Referral information

*Please describe the current difficulties that you would like to address. This will help you start to prepare to make changes and for us to think how best to help you.*

What are the current problems you would like to work on?  
\_\_\_\_\_  
\_\_\_\_\_

What impact do these difficulties have on your life?  
\_\_\_\_\_  
\_\_\_\_\_

How long have you had these difficulties and how do you feel your problems have come about?  
\_\_\_\_\_  
\_\_\_\_\_

This document is also available in other languages and formats upon request.

Su richiesta, questo documento è disponibile in altre lingue e in altri formati.

Sur demande, ce document peut être fourni en d'autres langues et formats.

Na życzenie, dokument ten można uzyskać w innych językach i formatach.

यह दस्तावेज़ अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

در صورت درخواست این سند به زبانها و شکلهای مختلف در اختیار شما قرار می گیرد.

به دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

مذہ الوثيقة متاحة بلغات اخرى وباشكال غير الكتابة المقروءة وذلك عند الطلب

For more information you can contact us in the following ways:

Tel: 0115 956 0888

Email: [letstalknottingham@nottshc.nhs.uk](mailto:letstalknottingham@nottshc.nhs.uk)

Website: [www.letstalkwellbeing.co.uk](http://www.letstalkwellbeing.co.uk)

Address: Let's Talk - Wellbeing, Duncan Macmillan House, Porchester Road, Nottingham, NG3 6AA

**Let's Talk – Wellbeing** is part of the national Improving Access to Psychological Therapies programme.

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