

Useful to know

Other useful contacts

- **Age UK - 0800 678 1174**

A charity which aims to improve later life for everyone with information, advice, campaigns, products, training and research.

- **Citizens Advice Bureau - 0800 144 8848**

Free and confidential advice to help people to resolve their problems with debt, housing, benefits, employment discrimination and other issues.

- **Rethink Mental Illness - 0300 500 0927**

A charity providing advice and information on therapies and medication to treat mental illness, benefit and money issues, courts and prison, and a person's rights under the Mental Health Act.

Useful websites

- **www.gov.uk**

The official government website provides information about all government services including employment, benefits and more.

- **www.lltff.com**

A website that offers a self-help life skills course that aims to provide access to high quality, practical and user-friendly training in life skills.

- **www.nhs.uk/Livewell**

The NHS website offers information about healthy living for everyone.

Do you need urgent medical or mental health help?

If you do then it is crucial that you contact the right person and that is most likely to be your GP. Your GP will know where to get you the specialist help you need.

When your **GP surgery is closed** their answerphone will direct you to the right place or you can call:

NHS 111

You can call **111** when you need medical help fast but when it's **not a 999 emergency**. NHS 111 is a fast and easy way to get the right help, whatever the time.

999

If you or anyone else is in **immediate danger** or harm, please call the **Police** or **Ambulance Service** on **999**.

Need support?

If you want to talk to someone about how you feel, what you're experiencing or how to deal with someone else's behaviour, you can contact **NHS 111** or the **Samaritans**.

The Samaritans - 116 123

The Samaritans offer a **24-hour telephone helpline**.



Telephone: **116 123**

Last reviewed: 08/21 Next review: 08/23



Talking Therapies
IAPT Service

Service information

A friendly, approachable service that helps people with anxiety, depression, stress and phobias

Call 0300 365 2000

Visit our website
talkingtherapies.berkshirehealthcare.nhs.uk

About our service

Introduction

- Are you worried about things in your life?
- Are you feeling down?
- Are you having difficulty sleeping?
- Are you struggling with your mood?
- Are you struggling to cope with a physical health problem?
- Are any of these stopping you from doing things in your everyday life?
- Would you like some help with the difficulties you are experiencing?

If the answer to any of the above is **yes** then Talking Therapies may be for you.

Problems we help with include:

Anxiety Depression Phobias Stress

Who are we?

We have a team of advisors and therapists who help you overcome problems, or manage them better.

We are friendly and approachable, so it's easier for you to find someone who can help.

We offer easy access to a range of proven therapies.

Our treatments are delivered in groups, online via the internet, on the telephone, face to face or using video consultation.

Our therapies are effective in helping you learn the skills to help overcome life's difficulties.

Who is our service for?

We are here to help those aged 17 and over from across Berkshire.

We encourage referrals from older adults and minority ethnic groups. A translation service is available.

We are able to offer appointments at local health centres, hospitals and GP surgeries that are convenient for you.

Help we provide

There are various ways in which we can help and together we can decide which option suits you best.

After assessment we will decide with you the most appropriate way forward and therapy choice from the following **NICE recommended treatments:**

- Cognitive Behavioural Therapy (CBT)
- Counselling for Depression (CfD)
- Interpersonal Psychotherapy for Depression (IPT)
- Dynamic Interpersonal Therapy (DIT)
- Behavioural Couples Therapy for Depression

We also offer Stress Less workshops and employment support.

The benefits

- We will support you to learn the skills you need to overcome your difficulties
- You will be able to cope with life's problems better
- You will feel understood and supported

What's next?

What do you need to do next?

You can either ask your GP or healthcare professional to refer you or you can contact us directly.



Call 0300 365 2000



talkingtherapies@berkshire.nhs.uk

We will arrange for you to speak to someone about your problems and discuss suitable options.

We welcome your feedback

Please send us your comments, compliments, suggestions or complaints to us on the contact details provided above or visit our website to complete our online feedback form at:



talkingtherapies.berkshirehealthcare.nhs.uk