




Telford and Wrekin
Wellbeing Service



Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust

ARE YOU FEELING LOW OR STRESSED?



**1 IN 4 OF US SUFFER
FROM PROBLEMS THAT AFFECT
OUR MENTAL HEALTH**

YOUR SUPPORT OPTIONS TO IMPROVE MENTAL WELLBEING

The Primary Care Wellbeing Service is a free NHS Service, providing a range of recommended therapies for common mental health problems, such as anxiety and depression. We are made up of a range of specially trained Mental Health Practitioners, and we offer information, guidance and talking therapies in a variety of different formats.

For further information visit:
telfordwellbeingservice.sssft.nhs.uk

WHO IS OUR SERVICE FOR?

Anyone aged over 16 years old registered with a GP in Telford and Wrekin who may be experiencing:

Anxiety

Depression

Panic

Social Anxiety

Health Anxiety

PTSD (Post-Traumatic Stress Disorder)

Phobia

OCD (Obsessive Compulsive Disorder)

Postnatal Depression

How We Can Help

The support on offer will focus on helping you move forward and will concentrate on steps that you can take yourself to tackle your difficulties.

This can include many different options, including online supported programmes and one-to-one interventions. We can also signpost you to other services in the area that may be useful to you.

Your first contact with the team is likely to be over the telephone with an administrator. They will take your contact details and arrange an appointment for you with a Mental Health Practitioner, who will talk to you about your current difficulties.

*Feeling low?
Worrying too much?
Stressed? We offer a
range of solutions
to help improve
emotional
wellbeing.*

During this appointment, the practitioner will discuss your difficulties with you and look at ways in which we can support you to help yourself improve your wellbeing. During your call, we will ask you some questions from a questionnaire to try to understand how severe your difficulties are at the moment. At the end of the appointment, we will talk through the available treatments and agree on next steps.



SERVICES WE OFFER

Online Supported Programmes

We provide access to online supported CBT (cognitive behavioural therapy) programmes, tailored to your specific needs. CBT is an evidence-based therapy, demonstrated to show high improvement rates for depression, anxiety and stress.

The programmes consist of several modules. You can complete these at your own pace, in your own time. The goal is for you to take the information and techniques learned and start applying them in your day-to-day life.

At regular intervals, a trained mental health practitioner will check your progress and provide feedback and guidance.

One-To-One Support

We offer one to one support with one of our specially trained Mental Health Practitioners, this can be offered via the telephone or in a local venue dependant on your needs and where would be more convenient for you.

The sessions are time limited and will focus on helping you move forward, by learning new skills and techniques to tackle your difficulties.

Personal Information

All personal information provided to the Trust is treated confidentially. There are, however, some important times when we will need to share information with others in order to optimise your care. It is the responsibility of all health professionals to share some information with your GP and possibly other health care professionals. This is particularly important if there is information which would help to prevent you from harming yourself or someone else.

HOW TO GET IN TOUCH

If you would like to access our online programme for anxiety, depression or stress you can self-refer online at

wellbeingtelford.silvercloudhealth.com/signup

To discuss what type of support is right for you, please call:

01952 457 415

Opening times: Monday to Friday 9 am –5 pm (Excluding Bank Holidays)

Or Email us: wellbeing.telford@mpft.nhs.uk

Visit our webpage:

telfordwellbeingservice.sssft.nhs.uk



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CBT can help you to identify and change the thought patterns that have a negative influence on your behaviour, helping you to change how you are feeling, for the better.