

Additional sources of help

Wolverhampton Women's Aid
0800 019 4400
<https://blackcountrywomensaid/locations/wolverhampton/>

Citizen's Advice Bureau
0344 411 1444
<https://www.citizensadvice.org.uk>

Wolverhampton Crisis Team (mental health)
01902 444141

Wolverhampton Child and Adolescent Mental Health Crisis Services
01902 553409

If you need immediate help:

If you are in crisis and need help with your mental health as a matter of urgency, we recommend speaking to your GP in the first instance so they can choose the most appropriate NHS service to help.

Out of hours you can call 111 (or 999 in an emergency).

You can also call the following services for support if you feel you need immediate support:

Samaritans **116 123** (24-hour helpline).

24/7 Black Country Mental Health Helpline
0800 008 6516.

Or attend Accident and Emergency at
New Cross Hospital.



For more information

Visit our website
www.wolverhamptontalkingtherapies.nhs.uk
or call 0800 923 0222.
Monday to Friday 9am to 4:30pm
(excluding Bank Holidays).

We welcome referrals from other professionals

Referrals can be discussed with the duty coordinator by calling 0800 923 0222.

After this discussion, referrals should be sent via email to:
bchft.wolverhamptontalkingtherapies.nhs.uk
(Please request a referral form from our team).

We welcome your views

Please ensure that you complete the Patient Experience Questionnaire given to you about your experience of using Wolverhampton Talking Therapies service.

If you wish to provide feedback formally, please contact:
Service Experience Desk
Tel: 0800 587 7720 (Freephone)
Email: bchft.sed@nhs.net

If you require this leaflet in another language or format please contact us.

Wolverhampton Talking Therapies

A service for people who are feeling stressed, anxious, low in mood or depressed.



What is Wolverhampton Talking Therapies?

Wolverhampton Talking Therapies offers support for anxiety, depression and stress.

Who does Wolverhampton Talking Therapies support?

Anyone who is over the age of 16 years and registered with a GP in Wolverhampton, who may be experiencing:

- Stress
- Low mood and Depression
- Anxiety Disorders including Health Anxiety, Social Anxiety, Obsessive Compulsive Disorder (OCD), Panic, Phobias and Post-Traumatic Stress Disorder (PTSD)
- Low Self-Esteem
- Body Dysmorphic Disorder
- Pre and post-natal wellbeing concerns
- Dealing with difficult life events
- Living with a long term health condition

How can Wolverhampton Talking Therapies help me?

- You will be able to talk about your concerns; this may be by telephone, online video, email or in person.
- You will be listened to without prejudice.



- You will be listened to without prejudice.
- You will learn skills and strategies to help you make positive changes in your life.

The types of treatments available include?

- **Psycho-educational materials and courses.**
- **Guided self-help**, helping you manage your symptoms of anxiety and low mood.
- **Individual Cognitive Behavioural Therapy (CBT)** – via telephone, video call or face-to-face. CBT looks at challenging negative beliefs with more balanced or realistic thinking and at new activities and routines that can help improve mood on a day to day basis.
- **Eye Movement Desensitisation and Reprocessing (EMDR)** is a treatment that was developed to alleviate the distress associated with Post-traumatic Stress Disorder (PTSD). EMDR aims to help the brain “unstick” and reprocess the memory properly so that it is no longer so intense.
- **Counselling** is for people who have had difficult experiences that they wish to discuss and have time to process in a safe and compassionate environment.
- **Computerised CBT** (SilverCloud) and online self-help programmes.

How soon will I get help?

We will take your details and if Wolverhampton Talking Therapies is right for you, we will offer you an assessment to discuss what will be most helpful.

This first step will generally be a telephone appointment, so please let us know if this is a problem for you.

This will be an assessment appointment to establish whether Talking Therapies or another service will be best suited to meet your needs.

How to refer

Visit

www.wolverhamptontalkingtherapies.nhs.uk

or call 0800 923 0222
Monday-Friday, 9am to 4.30pm
(excluding bank holidays) to self-refer.



Provide us with your details and arrange your first appointment with us.



Talk with the therapist and agree the best way forward to get the help you need.

Unfortunately we are unable to provide treatment if you are currently receiving treatment from another mental health service, or on a waiting list for mental health treatment.