

Monitoring your progress

Please note:

We may try to get in touch after your last contact with the service, if we feel you would benefit from further appointments.

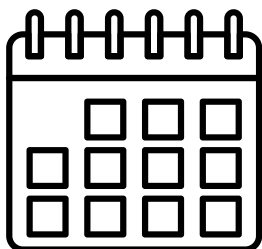
If you have any questions about privacy and confidentiality, or any other matter in this leaflet, please talk about it at your session.

Cancellations

There is a high demand for this service. Please try to give us as much notice as possible if you have to cancel an appointment. This will allow us to offer your appointment to someone else. We may discharge you if you repeatedly miss appointments.

To make an appointment

At busy times, your call may go through to our answer machine: please leave your name and a contact number and we will call you back as soon as possible.



Avon and Wiltshire
Mental Health Partnership
NHS Trust



BaNES, Swindon & Wiltshire
Talking Therapies

NHS BaNES Talking Therapies

Bath NHS House
Newbridge Hill
Bath
BA1 3QE

Phone: 01225 675150

Email: awp.banesiapt@nhs.net

NHS Swindon Talking Therapies

2nd Floor
Old Town Surgery
Curie Avenue
Swindon
SN1 4GB

Phone: 01793 836836

Email: awp.lift-psychology@nhs.net

NHS Wiltshire Talking Therapies

Lodge 3
Green Lane Hospital
Marshall Road
Devizes
SN10 5DS

Phone: 01380 731335

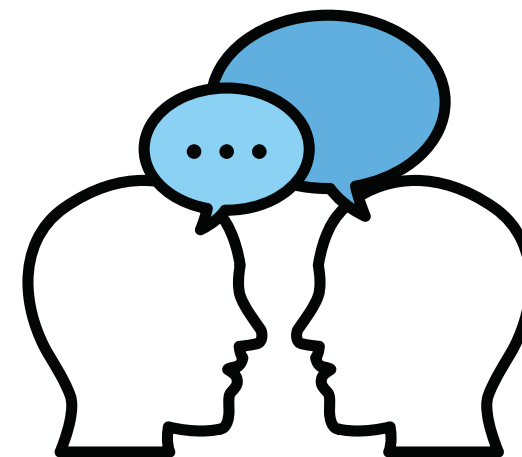
Email: awp.wilts-IAPT@nhs.net

The Patient Advice and Liaison Service (PALS) is a free, confidential and impartial service for people using AWP's mental health services. We offer advice, information, support, or guidance with particular issues.



awp.pals@nhs.net

01225 362900 or freephone 0800 073 1778.



NHS Talking Therapies

Information for patients about our services



for anxiety and depression

Service provided by Avon & Wiltshire Mental Health Partnership NHS Trust

How can talking therapies help me?

Many people experience feelings of low mood and anxiety in their life which can lead to them feeling overwhelmed and unable to cope.

Talking Therapies Practitioners are trained to help you understand more about these difficulties and suggest options that may help. This may be within our service or signposting you to the right place.

The service supports people experiencing difficulties such as:

- Anxiety
- Depression
- Stress
- PTSD

We also support people who are experiencing mild to moderate anxiety and depression related to:

- Long Term Health Conditions (LTC)
- Difficulties Relating to Employment
- The Perinatal Period

Long-term physical health may include conditions such as chronic pain, fatigue, diabetes, COPD, coronary heart disease etc. We provide a range of CBT-based support options including 1:1 support, online self-help programmes and group workshops that aim to enhance self-management of symptoms and address low mood and anxiety that often occur alongside the condition.

What we can offer you

We offer short-term interventions focused on helping you move towards your goals.

You are able to self-refer and book an assessment with one of our practitioners. We will concentrate on steps that you can take to help you tackle your difficulties.

If our service is appropriate for your needs, your practitioner will discuss the options that are most suitable with you. This might include joining a short course, guided help through an interactive computer programme called Silvercloud or a 1-1 treatment focused on your goals.

However, if after trying the options offered, you feel you need more help, an appointment for review can be arranged. You will meet with the practitioner to discuss next steps, which may include 1:1 treatment sessions.



Length of sessions

Each assessment session lasts between 30 and 45 minutes.

Our self-help courses and workshops can run up to 2 hours. They run in the evenings as well as various times in the day.

Privacy & confidentiality

Sessions are held in confidence. There may be some professional contact between the Talking Therapies Service and your GP, or other staff involved in your care.

As with any health care appointment, it is usual to note your attendance in computerised or manual medical records where there may also be other brief comments about your progress.

We have a duty of care to protect children and vulnerable adults or yourself. If there is a risk, relevant information will be shared with relevant professionals.