

How do I access the service?

You can ask your GP to refer you directly to the **Talking Mental Health Derbyshire** programme for initial assessment, or you can self-refer returning the form below to the address overleaf.

Self-referral form

Please arrange an appointment with Talking Mental Health Derbyshire.

(Please note: it is essential you fill in all fields below; without full details your form cannot be processed)

Name:

Address:

Postcode:

Date of Birth:

NHS Number (if known):

Tel Number:

Best time to telephone? AM PM

Can we leave a message? YES NO

GP Name:

GP Surgery:

Do you have any physical difficulties we may need to know about (e.g. hearing difficulties, mobility):

Yes No

If yes, please state:

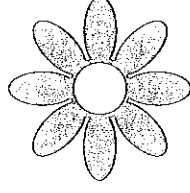
Are you a veteran or currently serving in the armed forces? Yes No

Do you suffer from a long-term condition?

Yes No

If yes, please state:

Please return this form to **Talking Mental Health Derbyshire** at the the address overleaf or call **0300 123 0542**.



TALKING MENTAL HEALTH DERBYSHIRE

Formerly "Rightsteps for Derbyshire"



Contacting us

Call us now on **0300 123 0542**. Normal office hours are 9am to 5pm, although in some circumstances we do offer appointments outside this. There is an out-of-hours answer phone service where non-urgent messages can be left.

Alternatively, you can complete the attached self-referral form and return by post, or you can self-refer from our website

www.derbyshirehealthcareft.nhs.uk/tmhd

We will contact you as soon as possible.

Talking Mental Health Derbyshire

Ilkeston Resource Centre,
Ilkeston Community Hospital,
Heanor Road,
Ilkeston DE7 8TL

Email: talking@derbyshireft.nhs.uk

Other useful contacts:

NHS Direct **0845 46 47**
 Samaritans **0845 790 9090**
 Focusline **0800 0272 1276**

Bringing counselling and therapy services to those looking for a fast, flexible and effective alternative to medication

IN COMPLETE CONFIDENCE

Derbyshire Healthcare NHS Foundation Trust

With 2,300 staff and 90 sites across the county, we are the largest single provider of mental health and psychological therapy services serving the local people of Derbyshire.

In addition, and to ensure wider still provision of services, we continue to work with **Derwent Rural Counselling Service** - an independent charity based in Bakewell - offering skilled and professional counselling services, primarily to those in rural and semi-rural North Derbyshire.

Derbyshire Healthcare **NHS**

NHS Foundation Trust



We will see anyone who we feel will benefit from our services, priding ourselves on being the provider of choice for those with mild or moderate anxiety or depression, or indeed those with more long-standing or multiple problems.

Psychological therapy services supplied by Derbyshire Healthcare NHS Foundation Trust

- CBT (cognitive behaviour therapy)
- Counselling
- Interpersonal therapy
- Brief dynamic therapy
- Solution focussed therapies
- Couples therapy
- Psychosexual therapy
- Personal support

Cognitive behavioural therapy (CBT)

Cognitive behaviour therapy helps you change how you think (cognitive) as well as what you do (behaviour). These changes are designed to make you feel better, focussing more on the 'here and now' than the past.

Counselling

Our numerous counsellors are trained to listen sympathetically to your problems, suggesting ways of resolving issues and changing your behaviour. You are not alone, and it may be a great comfort to share your worries and fears with someone who will listen and help you to make sense of the feelings you are experiencing.

Please note: CBT and Counselling are free services which you can access through your GP, or through the simple self-referral procedure detailed overleaf.

Assessment and treatment options

Our highly qualified and experienced clinical teams are trained in designing treatment packages to support your individual needs. We discuss the various options with you and then involve you in the process of deciding how best to meet your personal requirements.

Your initial assessment will last between 30 and 45 minutes and you will be asked questions about yourself and your current problems. By the end of this appointment we will be able to advise you so that you can make an informed decision about which part of our service will best suit your needs. We will also be able to tell you when you can expect your treatment programme to begin.

In cases where you are not offered treatment we will explain why, as you may be offered contact information for other services more suited to helping you overcome your current problems.

What makes our service different?

Ease of referral. A simple, easy route of access to our services with a quick five minute telephone call, or written form, to register you and to give you your first appointment. This will be for a face-to-face appointment within two weeks.

Flexibility. Delivering services in a range of settings (face-to-face, telephone, group, individual and computer-based treatment), some of which can be out-of-hours, or on a Saturday.

Responsiveness. With the largest number of psychological therapy professionals in the county, and with the largest concentration of approved sites, we are ready to respond quickly to your service needs and requirements.

Alternative care pathways. We have skilled gateway and signposting staff who will help those people for whom we can't provide an initial service to access other means of support and care.

