



Other useful contacts:

- Mother tongue 0118 957 6393
- Age Concern 0118 959 4242
- Citizens Advice Bureau 0845 0716379
- Employment and Benefit Info 0845 6043719
www.direct.gov.uk
- Communicare 0118 926 3941

How can you contact Talking Therapies?

Tel: 0118 976 9121

Email: talkingtherapies@berkshire.nhs.uk

Text: "Talk" to 07500915968



www.berkshirehealthcare.nhs.uk

Need Urgent Help:

In the first instance call your GP Surgery

If you need an urgent mental health service call Berkshire Healthcare NHS Foundation Trust

Tel: 0300 365 0300

Or if anyone is in immediate danger call 999

Other useful numbers:

NHS Direct:

Confidential health advice and information available 24 hours a day

Tel: 0845 4647

Sane:

Helpline 6pm – 11pm, seven days a week

Tel: 0845 767 8000

Samaritans:

Someone to talk to in a crisis:

Tel: 08457 909090

Victim Support:

Confidential help for anyone affected by crime

Tel: 0845 303 0900

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Talking Therapies

Reading, Wokingham and West Berkshire

Information on the Improving Access to Psychological Therapies Service



Tel: 0118 976 9121

www.talkingtherapies.berkshire.nhs.uk



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, talk to your GP about whether Talking Therapies might be for you.

Problems we help with include:

Anxiety
Depression
Phobias
Stress

What is Talking Therapies?

We have a team of advisors and therapists who can help you to overcome life's difficulties and 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 helpful tools and therapies including cognitive behavioural therapy (CBT).

CBT is effective in helping people to overcome life's difficulties.

Who is the Service for?

We are here to help adults aged 18-plus (or 16-plus and not in full time education) from the Reading, West Berkshire and Wokingham Area.

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

What kind of help do we provide?

There are various ways in which we can help and together we will decide which options suit you best. After assessment we will decide with you the most appropriate way forward. Normally, therapy will start within four weeks. This may include:

- Structured individual work
- Well-being courses and workshops
- Telephone follow-up
- Computerised cognitive behavioural therapy (cCBT) for anxiety or depression
- Guided self-help
- Short-term counselling
- Links to employment
- Advice about other services that could help you



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.

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

What are 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.

To find out more...

Please feel free to contact us on:

Telephone: 0118 976 9121

Email: talkingtherapies@berkshire.nhs.uk

Text: "Talk" to 07500915968

Useful websites:

www.nhs.uk/Livewell/Onabudget/Pages/Creditcrunchstress.aspx

www.time-to-change.org.uk

www.livinglifetothefull.com

