



Talking Therapies  
Berkshire Healthcare

“**Therapy** gave  
me the tools to  
take **my life back**”



Start feeling better with  
NHS Talking Therapies  
for anxiety and depression



# NHS Talking Therapies provide...

## Effective treatments for stress, worry and low mood:

- Free, confidential and discreet
- Professional therapists
- Practical help for other difficulties, e.g. work or housing issues
- Refer yourself, without seeing your GP first

## One in four of us are worrying too much, feeling low, or stressed at any time, but you can start feeling better.

Our therapists are here for you when life gets difficult. We can offer effective treatments that can get you back to feeling more like yourself again.

Everyone's experience of low mood, anxiety or stress is different. Feeling down or worrying too much are common symptoms.

## Here are some other signs you may notice when your mental health is under strain too:

- Avoiding situations you find upsetting
- Difficulty concentrating
- Feeling overwhelmed, irritable and angry
- Feeling numb or flat
- Lacking motivation or feeling tired all the time
- Losing interest in things you usually enjoy
- Repetitive behaviours, e.g. checking, to relieve distress



- Physical reactions such as dizziness, heart racing, sweating, or aches and pains
- Restlessness
- Sense of dread
- Sleeping too little, or too much
- Unwanted or obsessive thoughts



## When to get help

### Speaking to someone you trust can help you feel better.

It may be time to speak to a professional about treatment if your feelings stop you from doing things in your everyday life and affect you for two weeks or more.

### What we can help with

**We can help you explore how you're feeling and what you would like to work on during your treatment.**

**There are lots of situations that can contribute to low mood or stress, such as:**

- Big life changes, such as: becoming a new parent, going to university, divorce, menopause, or retirement
- Adjusting to the emotional impact of a long-term physical health condition such as diabetes, cancer or respiratory disease
- Stress and burnout with work, study or caring responsibilities

There may be no obvious reason for why you feel worried or down, but we can help you learn ways to start feeling better.

### Who we're for

**We're here to help all Berkshire residents aged 17+ and we encourage referrals for those aged over 65.**

## How we can help

What you get from therapy is unique to you but here are just some of the benefits our patients notice:

- Gain a greater sense of purpose and direction
- Understand why you think and act the way you do
- Notice what triggers changes in your mood
- Learn practical tools and techniques to manage difficult feelings
- Feel listened to and supported
- Improve your personal relationships
- Feel more in control of your mental health
- Start living a more fulfilling life in general

Everyone should have therapy at least once in their lifetime

Therapy was life changing for me

## What does therapy involve?

### Step 1 - Wellbeing assessment

Once you have contacted us, we'll arrange an individual **wellbeing assessment**. We will ask you questions about your background and how you're feeling to better understand your needs and the type of therapy that would suit you best.



### Step 2 - Your treatment

Together, we'll develop your tailored **treatment plan** with you which may include:

- Regular individual sessions with a professional therapist
- Using a workbook or smartphone app to complete tasks
- Sessions online, by phone call, video call, or face-to-face



### Step 3 - Follow up

After your treatment we may link you with other services that can help you stay well and maintain the gains made during therapy.



## Practical support

There may be life circumstances that are affecting your emotional wellbeing too.

We have specialist advisors who can help you access practical advice and support:

- Housing, loneliness, addictions, debt and money worries
- Employment – for help with finding work, staying in work or returning to work
- Peer support – to connect with others with similar life experiences and build a social network



## I need help now

For urgent medical or mental health help, contact:

- **Your GP practice** who will have the most up to date information about your health and care
- **NHS 111 or visit 111 online** to be directed to the right service when your practice is closed
- **999 in an emergency** e.g. when your life is in danger

If you would like to talk to someone about how you feel **The Samaritans** offer a free 24 hour listening service.

Call **116 123** Email [jo@samaritans.org](mailto:jo@samaritans.org)



## Tell us about your communication needs

We offer a translation and interpreters service, including therapy from Deaf therapists or therapists fluent in British Sign Language.



# How to get help

You can refer yourself or ask your GP or health professional to refer you to us:



Complete our referral form at:  
[berkshirehealthcare.nhs.uk/talking-therapies](https://berkshirehealthcare.nhs.uk/talking-therapies)



**0300 365 2000** (option 2)  
If you need a translator, please tell us when you call



Scan me

Terapia Psychologiczna jest przyjazną i łatwo dostępną darmową usługą NHS, która ma na celu pomóc ludziom cierpiącym na nerwice, depresję, stres i fobie. Skontaktuj się z nami lub zgłoś się do lekarza pierwszego kontaktu po skierowanie. Usługa tłumaczeniowa dostępna na życzenie. Skierowanie internetowe na stronie: [talkingtherapies.berkshirehealthcare.nhs.uk](https://talkingtherapies.berkshirehealthcare.nhs.uk) lub pod nr. telefonu: 0300 365 2000

ਟਾਕਿੰਗ ਥੈਰੇਪੀਜ਼ (ਬੋਲਣ ਸਬੰਧੀ ਇਲਾਜ-ਵਿਧੀਆਂ) ਐਨ.ਐਚ.ਐਸ. (NHS) ਦੀ ਇੱਕ ਦੇਸਤਾਨਾ ਅਤੇ ਪਹੁੰਚਯੋਗ ਮੁਫਤ ਸੇਵਾ ਹੈ ਜੋ ਚਿੰਤਾ, ਡਿਪ੍ਰੈਸ਼ਨ, ਤਣਾਅ ਅਤੇ ਖੈਫ ਤੋਂ ਪੀੜਤ ਲੋਕਾਂ ਦੀ ਮਦਦ ਕਰਦੀ ਹੈ। ਸਾਡੇ ਨਾਲ ਸਿੱਧਾ ਸੰਪਰਕ ਕਰੋ ਜਾਂ ਆਪਣੇ ਜੀ.ਪੀ. (GP) ਨੂੰ ਤੁਹਾਡਾ ਹਵਾਲਾ ਦੇਣ ਲਈ ਕਰੋ। ਅਨੁਵਾਦ ਸੇਵਾ ਉਪਲਬਧ ਹੈ। [talkingtherapies.berkshirehealthcare.nhs.uk](https://talkingtherapies.berkshirehealthcare.nhs.uk) 'ਤੇ ਆਨਲਾਈਨ ਹਵਾਲਾ ਦਿਓ ਜਾਂ 0300 365 2000 'ਤੇ ਕਾਲ ਕਰੋ।

ٹاکنگ تھراپیز این ایچ ایس کی ایک مفت دوستانہ اور قابل رسائی سروس ہے جو تشویش، مایوسی، ذہنی دباؤ اور دہشت کے شکار افراد کی مدد کرتی ہے۔ ہم سے براہ راست رابطہ کریں یا اپنے جی پی کو کہیں کہ آپ کو ہماری طرف ریفر کرے۔ ترجمہ کی سروس دستیاب ہے۔ آن لائن [talkingtherapies.berkshirehealthcare.nhs.uk](https://talkingtherapies.berkshirehealthcare.nhs.uk) پر ریفر کریں یا اس نمبر پر فون کریں: 0300 365 2000