

Counselling for depression video transcript

0:00:01.200,0:00:06.240

Counselling for depression offers a safe and confidential place where you can explore your

0:00:06.240,0:00:11.360

feelings with the help of a trained professional. The aim of the treatment is for you to develop

0:00:11.360,0:00:18.080

a better understanding of your symptoms and to make positive changes in your life. Most

0:00:18.080,0:00:24.160

people will receive 12 to 20 treatment sessions lasting up to 50 minutes each.

0:00:24.160,0:00:28.960

These sessions are usually offered via online video call, but they can also be held face to

0:00:28.960,0:00:35.840

face at certain NHS locations across Berkshire. We don't offer this treatment via telephone. You

0:00:35.840,0:00:41.200

will have an initial session which helps you and your counsellor to understand what's important

0:00:41.200,0:00:48.480

for you to focus on. In sessions, what you talk about will vary depending on your situation. It

0:00:48.480,0:00:54.000

may be relevant to talk about your past if it is having an impact on how well you are managing your

0:00:54.000,0:01:00.960

symptoms of depression. Your counsellor's role is to guide you to find solutions to your challenges.

0:01:00.960,0:01:07.840

Whether that is making changes in your life or finding ways to cope with difficult situations. To

0:01:07.840,0:01:13.440

access counselling for depression from NHS Talking Therapies, you need to complete a wellbeing

0:01:13.440,0:01:19.440

assessment and to be offered this treatment by one of our therapists. You may be offered a different

0:01:19.440,0:01:26.240

treatment if we find another therapy or another service that is better suited to your needs. If

0:01:26.240,0:01:31.120

you are accessing your sessions via online video, you will need a suitable device that

0:01:31.120,0:01:37.680

you can use in a private area with reliable and regular internet access. You can refer yourself

0:01:37.680,0:01:44.720

for a wellbeing assessment by completing the online form which can be found on our web page.