

Alternatives:

If you do not feel ready to engage with our service at the current time please find below some alternatives which may help you.

Self Help Material: There are a wide range of materials available in local libraries. The 'Overcoming' series of books are highly recommended.

There are self help guides to many types of common mental health problems available at:

www.ntw.nhs.uk/pic/selfhelp

Websites:

Living Life To The Full - www.livinglifetothefull.com

Mood Gym - <http://moodgym.anu.edu.au/welcome>

For further information on what we provide, please visit www.mhm.org.uk/talking-matters-warrington

Talking Matters Warrington - because YOU matter

Please remember to ring us on 01925 401 720
within 14 days of referral

Monday to Thursday 8am - 7.30pm (excluding bank holidays)
Fridays 8am - 4.30pm

mhm
talkingmatters™
warrington



Feeling anxious, stressed
or depressed?

The Warrington IAPT service
may be able to help...



www.mhm.org.uk | info@mhm.org.uk | @MHM_Info

www.mhm.org.uk | info@mhm.org.uk | @MHM_Info

Welcome to Warrington Primary Care Psychological Service, which is part of the national Improving Access to Psychological Therapies (IAPT) programme.

The service is provided in partnership by Mental Health Matters, a registered mental health charity.

What is IAPT? It is recognised that one in four people will experience a mental health difficulty at some point in their life. IAPT was introduced as a way in which people could access Talking Therapies as close to their home or place of work as possible.

Warrington Primary Care Psychological Service has been in operation since 1st April 2011 and is designed to help anyone registered with a Warrington GP, to deal with common mental health problems. These may include depression, anxiety, panic, phobia, obsessive compulsive disorder (OCD) or post traumatic stress disorder (PTSD).

Who We Are: The service is staffed by a team of highly skilled mental health professionals such as Mental Health Nurses, Psychological Well Being Practitioners and Therapists specialising in CBT, EMDR, DBT and ACT. If you are aged 16 & over, are registered with a Warrington GP and are experiencing a mental health difficulty which is affecting your daily living, employment or health, Warrington Primary Care Psychological Service may be of benefit to you.

Confidentiality: Confidentiality is required by professional codes of conduct and policies. All members of staff will respect confidential information except where disclosure is required by law or it is necessary for your own or others' safety. If you wish to know more about confidentiality please ask, we will be happy to explain and discuss this with you.

What to do next: Following your referral please allow 2 working days, then ring us on 01925 401720 to book an initial appointment, please be aware this may be a telephone appointment. If we have not heard from you within 14 days of referral you may be discharged and need to be referred again. You will be asked some standard questions which will enable us to monitor your progress and continuously improve the services we offer.

Our office opening hours are:

Monday - Thursday 8am - 7.30pm (excluding bank holidays)

Friday 8am - 4.30pm

Some Interventions On Offer:

Psychological Treatment Workshops: these sessions are interactive between you and one of our therapists. They are designed to present information about mental health difficulties and some of the things you can do to manage your problems more effectively.

Guided Self Help: these sessions are designed to help you access good quality information about the problems you are experiencing. You will have regular appointments with one of our therapists who will help you to design your own treatment package.

Cognitive Behavioural Therapy (CBT): this is a time limited talking therapy focussed on how you feel right now. It can help you understand your thoughts, feelings and actions that may be linked to your problems and help to identify changes which you could make.

Computerised Cognitive Behavioural Therapy (CCBT): an online programme delivered by ur partners Making Space. You will be assisted by a Support Worker to develop your own treatment plan.

Signposting: We have developed strong links with a range of organisations who provide services we do not offer, such as help with low self esteem & shyness and bereavement counselling.