

## How can I get an assessment?

Your GP can refer you to Talking Mental Health Derbyshire, or fill in the form below and send it to us at the address overleaf.

It is really helpful for you to give us as much of this information as possible.

Title: \_\_\_\_\_ First name: \_\_\_\_\_

Last name: \_\_\_\_\_

Date of birth: \_\_ \_\_ / \_\_ \_\_ / \_\_ \_\_ \_\_ \_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_

Gender: (please circle) Male Female Prefer not to say

Sexual orientation: (please circle)

Heterosexual Gay/Lesbian Bisexual Prefer not to say

Ethnicity: \_\_\_\_\_

NHS Number: (if known) \_\_\_\_\_

Home telephone: \_\_\_\_\_

Mobile number: \_\_\_\_\_

Can we leave you a message? (please circle) Yes No

Can we send you a text message? (please circle) Yes No

GP Name: \_\_\_\_\_

GP Surgery address: \_\_\_\_\_

\_\_\_\_\_

Do you suffer from any long term health conditions or physical difficulties: (please circle) Yes No

If yes, please state: \_\_\_\_\_

Are you a veteran or currently serving in the armed forces? (please circle) Yes No

## Contact us

You can contact Talking Mental Health Derbyshire in any of the following ways:



**0300 123 0542**

(Calls are charged at the same rate as regular landline numbers).



Self-refer from our website:

**[www.derbyshcft.nhs.uk/tmhd](http://www.derbyshcft.nhs.uk/tmhd)**



Completing the self-referral form on this leaflet.

Simply post it to:

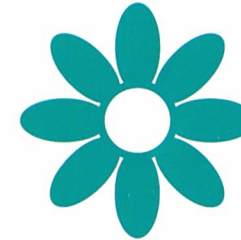
**Talking Mental Health Derbyshire  
Ilkeston Resource Centre  
Ilkeston Community Hospital  
Heanor Road  
Ilkeston DE7 8TL**



**[talking@derbyshcft.nhs.uk](mailto:talking@derbyshcft.nhs.uk)**

**“ The therapist was just what I needed. She managed to get me to draw out some of the problems I have been suffering from in a very clear way. I have gained a lot from the sessions to help me work on my problems. ”**

**[www.derbyshirehealthcareft.nhs.uk](http://www.derbyshirehealthcareft.nhs.uk)**



# TALKING MENTAL HEALTH DERBYSHIRE

**If it's time to talk,  
we're here to listen**



**relate**  
the relationship people





## Do you experience...

Low mood, lack of motivation, stress, difficulty doing the things you want or need to do, trouble getting over past events, struggle with unwanted thoughts or images, fears and phobias, or find it an effort to cope with day to day life?

It's time to talk.

## What we do

Free, fast and effective talking therapy for depression and anxiety for anyone registered with a GP practice which is part of a Derbyshire Clinical Commissioning Group.

**Counselling** offers a safe and supportive place to talk about what bothers you, such as life events which are confusing, painful or uncomfortable, or events from your past which continue to trouble you. Your counsellor will listen to you non-judgmentally, help you to clarify the issues, understand yourself and your feelings, and think about any changes you wish to make in your life.

**Cognitive behavioural therapy (CBT)** can help you manage your problems by changing the way you think and behave, encouraging you to look at your actions and how these may be contributing to your difficulties. It can help you cope with your challenges in a more positive way, and you may be able to overcome them completely.

**Courses and workshops** offer information and techniques to manage your problems. Participants often find the encouragement, ideas and support they get from other people helps them to realise they are not alone.

**Couples counselling** can help if your problems are generated mostly by your relationship, or if your difficulties are affecting your ability to demonstrate affection with your partner.

**CBT based guided self-help** in addition to assessing people for therapy, our dedicated team of Psychological Wellbeing Practitioners can offer CBT based guided self help over the telephone for a range of common mental health disorders.

We also offer eye movement desensitisation and reprocessing (EMDR), interpersonal therapy (IPT), dynamic interpersonal therapy (DIT), counselling for depression and psychosexual therapy.

## If you are interested in our service

At your initial appointment, usually by telephone, we will find out more about your problems and difficulties and discuss how we can help with these. This lasts for about 45 minutes and we decide the next steps to take together. Even if you need more than we can offer, we can still often refer or signpost you to somewhere that can help.

If we agree together for you to have therapy sessions, you will be offered a short course of treatment focusing on your main issues – you may be put on a waiting list depending on demand in your area, but if you can travel, we can look at alternatives.

## Keeping your GP informed

We can help you talk to your GP and keep them fully informed about your treatment and progress, so that they are aware of your work with us.

**“ You were the only one, out of those I have seen, that treated me like a human being and listened to me. Could not have got better, without your help. ”**

**“ Very positive group course - therapists excellent with good sense of humour and articulate. ”**

## Other useful numbers

The following organisations can offer advice and support to individuals experiencing mental health issues such as anxiety and depression.

NHS 111 Service: **111**

Samaritans: **0845 790 9090**

SANE: **0845 767 8000**

To ensure wider provision of services, we work with Derwent Rural Counselling Service, an independent charity based in Bakewell, offering skilled and professional counselling services.

Talking Mental Health Derbyshire also works alongside Relate, a charity offering counselling services for every kind of relationship.

