



# Psychological Therapies

## Who does Psychological Therapies help?

The Psychological Therapies service is a free and confidential NHS service for people aged 18 and over who are registered with a GP in Kensington and Chelsea, Queen's Park and Paddington.

## Can Psychological Therapies help me?

Psychological Therapies provides a range of support for you when you experience difficult emotions such as low mood, worry or stress.

You can learn ways to improve your wellbeing and have the space to think about your difficulties and find ways to manage them better.

Psychological Therapies can also help people find ways to better manage the practical and emotional aspects of living with long-term physical health conditions.

## What help does Psychological Therapies offer?

The Psychological Therapies team offers a range of different therapy options, all of which are effective treatments recommended by the National Institute for Clinical Excellence (NICE).

### Cognitive Behavioural Therapy

Cognitive Behavioural Therapy (CBT) is a practical, evidence based therapy that helps identify and modify some of the unhelpful thoughts and ways of coping that are linked to difficult and distressing feelings such as anxiety and low mood. With the help of the therapist, CBT can help you identify alternative ways of thinking and more helpful ways of coping. It is often the case that people feel better and have a better quality of life as they begin to put into practice some of the these alternatives worked on in therapy.

### Counselling

The Counselling offered is a brief psychological therapy in which you can explore difficult, confusing or painful experiences with the help of a clinician. Through this process it is possible to gain insight and find new ways of relating to yourself and others. This may be followed by improvements in wellbeing, functioning and mood. Counselling can help you with experiences such as bereavement, relationship problems, abuse as a child or adult, depression or low mood or life changes such as divorce, getting older or retirement.

## Guided Self-Help

Guided Self-Help is based on cognitive behavioural therapy. In Guided Self-Help sessions you and a specially trained clinician work together, using expertly devised self-help workbooks. You will be helped to learn practical tools and strategies to better manage your difficulties. Sessions are available over the phone or face to face.

## Couples and Family Therapy

Couples Therapy and Family Therapy focuses on people's difficulties in the context of their relationships, families and values. You meet with a therapist as a couple or family to find ways to improve things together.

## Online Therapy

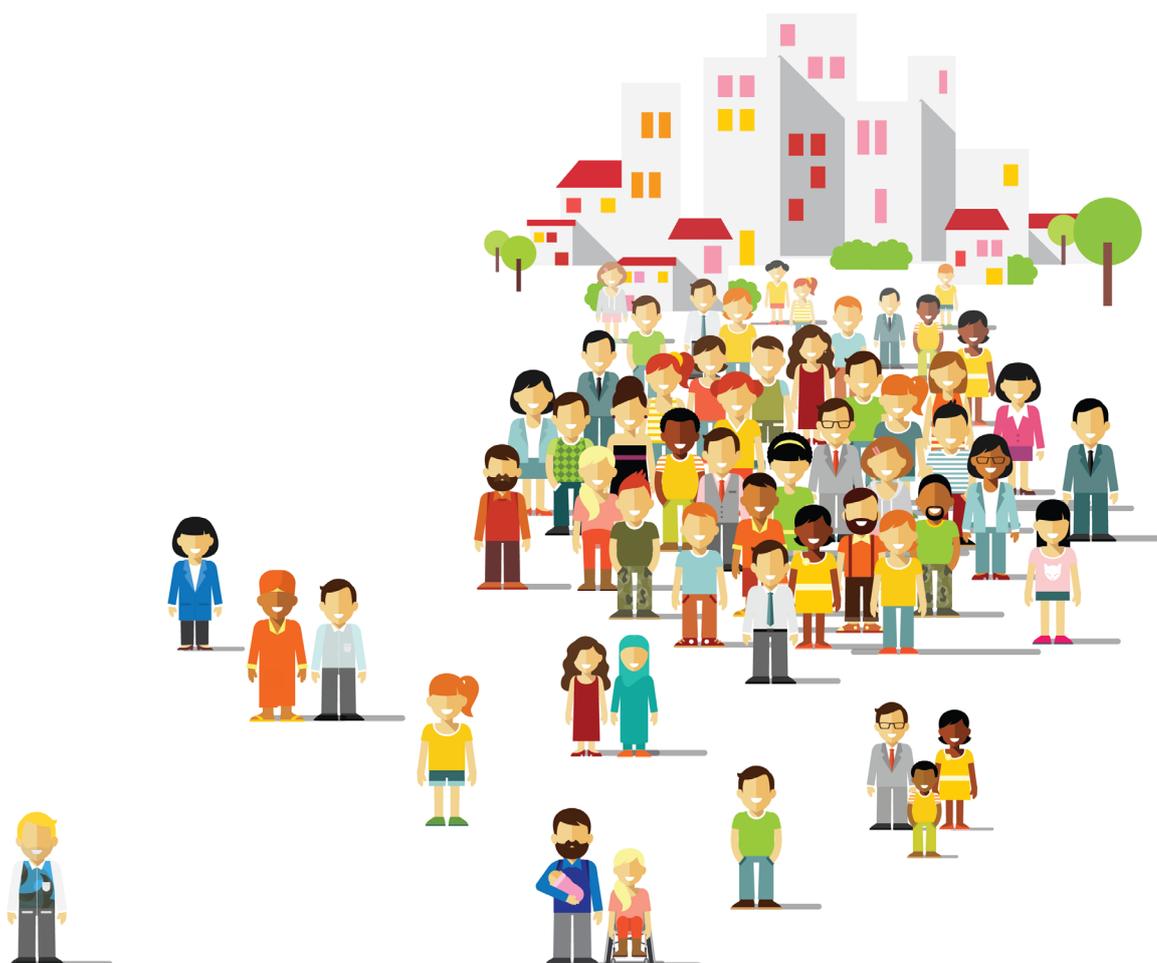
SilverCloud is an evidence based online programme that can help teach you techniques based on Cognitive Behavioural Therapy to improve your mood. Telephone support is provided alongside the online modules.

## Groups

We offer a range of groups based on Cognitive Behavioural Therapies, including Mindfulness.

## Other short term Therapies

A range of other short term therapies are also available. Suitable options for therapy will be discussed with you after an initial appointment (usually by telephone)..





## Do you need support to improve your mental health and wellbeing?

If you are 16 and over or caring for someone who is, then Community Living Well is a new mental health service that offers you a different kind of mental health support.

Community Living Well brings people together from your local NHS, voluntary sector and local community groups into one service which will work alongside you and your GP to help you access the support you need.

Community Living Well offers easy access to a range of wellbeing and clinical services including:

- **Primary Care Liaison**  
support from specialist mental health workers
- **Psychological Therapies**  
to help if you are stressed, worried or low in mood. We can also help individuals who are adjusting to having a new baby or those who need help to live with long term conditions
- **Mother Tongue Counselling**  
culturally appropriate one-to-one talking therapies and wellbeing workshops in Arabic and Farsi languages
- **Self Help**  
access to self help resources.
- **Navigators**  
practical support with a range of issues including benefits, debt, housing options, access to health and social care services and support to access specialist advice and information
- **Employment Support**  
supporting you to find work, take steps to improve your job prospects or keep your current job
- **Peer Support**  
wellbeing workshops, one-to-one support, peer support groups, social activities and online peer support with other people who have had similar experiences to you.

## Get in touch...

Use the details below to get in touch or ask your GP or another health professional involved in your care to refer you into the service.

**[communitylivingwell.co.uk](https://communitylivingwell.co.uk)**

**email: [cnw-tr.clw@nhs.net](mailto:cnw-tr.clw@nhs.net)**

**tel: 020 3317 4200**

Community Living Well hubs are located at:

- St Charles Centre for Health and Wellbeing, Exmoor Street, London, W10 6DZ
- Violet Melchett Centre, 30 Flood Street, London, SW3 5RR
- Gertrude Street, 15 Gertrude Street, London, SW10 0JN

