



Community
LivingWell

Working together for your wellbeing

NHS

Central and
North West London
NHS Foundation Trust

Talking Therapies

Support for when you experience difficult emotions, such as low mood, anxiety and stress.



communitylivingwell.co.uk

What are Talking Therapies?

Talking Therapy is a free and confidential NHS service for people aged 16 and over who are registered with a GP in Kensington and Chelsea, Queen's Park and Paddington. You can ask your GP to refer you, or you can refer yourself easily online or by phone (details included in this leaflet).

"My head was like an engine, thinking thousands of things at a time and not being present."

Pierre, Talking Therapies service user

Can Talking Therapies help me?

Talking Therapies provides a range of support if you are:

- experiencing difficult emotions such as low mood, worry or stress
- feeling overwhelmed by anxiety
- struggling with depression, or
- having trouble sleeping because of intrusive thoughts.

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

Talking Therapies can also help if you are living with a long-term physical health condition by finding ways to better manage the practical and emotional aspects.

"My time with my therapist has had a remarkable impact on my mental health and wellbeing. I have been amazed by the progress I was able to make in just a few months."

- anonymous, Talking Therapies service user

How can I access Talking Therapies?

You can refer yourself quickly and easily by:

- completing the form on our website communitylivingwell.co.uk
- by calling **020 3317 4200**
- or email us at cnw-tr.clw@nhs.net



Scan to self-refer

Alternatively, you can ask your GP or other professional involved in your care to refer you to Community Living Well.

If you need urgent assistance...

If you or someone you know needs immediate help in a mental health crisis...

- call Central and North West London NHS Trust Single Point of Access (SPA) advice line free on **0800 0234 650** (24/7)
- or contact Samaritans free on **116 123** (24/7) or email jo@samaritans.org
- If a mental health crisis occurs when your service is closed (if you are an existing patient), or, if you are not an existing patient, your GP is closed, call Freephone **0800 0234 650** (open 24 hours a day, seven days a week) or email cnw-tr.spa@nhs.net
- If you have already taken an overdose or injured yourself, dial 999



Scan for other useful contacts

What help does Talking Therapies offer?

The Talking Therapies team offers a range of different therapy options. The type of therapy you receive will be discussed with you and will depend on your recovery goals.

The therapies available include:

Cognitive Behavioural Therapy (CBT) - with the help of a therapist, CBT can help you identify alternative ways of thinking and more helpful ways of coping that are linked to difficult and distressing feelings, such as anxiety and low mood.

Counselling - 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. It is a brief psychological therapy in which you can explore difficult, confusing or painful experiences with the help of a clinician.

Guided Self-Help - 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 Therapy - aims to improve symptoms of depression by helping couples build upon the strengths in their relationship and understand the way in which difficulties in the relationship can contribute to depression in one or sometimes both partners.



This leaflet has been co-produced with users of the Community Living Well service.

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 - a range of groups to help you manage stress, improve your mood and increase activity. We also have groups to help increase self-esteem, manage long-term health conditions, cope after a trauma or bereavement and use mindfulness to manage mood.

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 phone).

"I found the service to be extremely valuable. I was able to consider solutions to my anxiety and other problems that were new to me. I finished my sessions feeling supported and encouraged."

- anonymous, Talking Therapies service user

All therapies available are effective treatments as recommended by the National Institute for Clinical Excellence (NICE).

Your therapy might be provided over the phone, online or face to face at one of the following locations:

- St Charles Centre for Health and Wellbeing, Exmoor Street, London, W10 6DZ
- Gertrude Street, 15 Gertrude Street, London, SW10 0JN

Community Living Well is a collaboration of NHS and voluntary sector partners. Talking Therapies are delivered by Central and North West London NHS Foundation Trust.


**Kensington and Chelsea
Talking Therapies**

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

Community Living Well offers mental health support in Kensington & Chelsea, Queen's Park and Paddington. It makes it easy for you, and anyone who cares for you, to access a wide range of clinical and wellbeing services.

Mental Health Hubs – access to specialist mental health support.

Talking Therapies - Short-term support for when you experience difficult emotions, such as low mood, worry and stress. It can also support people with managing the practical and emotional aspects of living with long-term physical health conditions.

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.

Self-Care - Support and activities that help you to take care of your own mental, emotional and physical wellbeing.

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 - Advice and support to gain or retain paid employment, improve employability skills and know your rights in the workplace.

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

email: cnw-tr.clw@nhs.net | tel: **020 3317 4200**



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