



NHS Talking Therapies

Here's a round-up of the latest news from
NHS Talking Therapies

April 2024

Upcoming Groups

[Mood Boost - Tuesday 9 April \(click for details\)](#) - This 6-session group which supports you in understanding low mood and how it impacts us on a daily basis.

[Gardening Group - Tuesday 9 April \(click for details\)](#) - This 6-week in-person group at St Charles Hospital Allotments combines psycho-education and mindfulness techniques, along with outdoor gardening, to help improve wellbeing and build routine.

[Step on Stress Men's Group - Thursday 11 April \(click for details\)](#) - This is a new 6-week, in-person group that combines Stress Management with physical activity. It aims to educate men on a relevant physical exercise practice, within the context of a psycho-educational support.

To attend these groups, you must be registered with the Community Living Well Talking Therapies service. People can refer themselves by [completing this quick online form](#) or email cnw-tr.clw@nhs.net.

[Find out more](#) about the NHS Talking Therapies service
[See the full calendar](#) of events, activities and groups



Did you know that we prioritise
NHS workers, perinatal Mums
and Dads and Veterans* for
assessment and treatment?

*in accordance with the armed forces covenant

Continued...

Current Waiting Times

Triage/Assessment: 1-2 weeks – depending on client needs - we are operating a live booking link sent to the client to self-book a time convenient for them.

Low intensity CBT (Guided Self-help): no wait for remote if flexible with time (up to 2 weeks if F2F/LTC specific/evening)

Cognitive Behavioural Therapy: 10 weeks Remote, 10 weeks F2F/LTC/Evening

Counselling: 6-8 weeks remote, 6-8 weeks F2F/Evening

Treatment booking link is now live so, once a client reaches the top of the waiting list, they will receive a link to book a time convenient for them.

We continue to offer a number of evidenced based to the range of common mental health disorders routinely seen in talking therapies. Patients will receive a thorough initial assessment and appropriate evidenced based treatment will be offered to manage their needs.



We are continuing to offer treatments for people adjusting to life with a long-term condition. Please refer in the usual way.

Recent Feedback

"I felt that the service I received has helped me to understand my situation better with tools to help me cope with unexpected situations and problems. I would use this service again. I felt listened to and supported."

- anonymous, NHS Talking Therapies service user

More from Community Living Well

To find out more about Community Living Well and the other services available, including Peer Support, Navigators and Employment Support, visit our website:

communitylivingwell.co.uk