

**talking
changes**

improving access to psychological therapies
in county durham and darlington

**Feeling
anxious,
stressed or
depressed?**

Talking Changes
can help

What does the service do?

One in four people experience mental health difficulties and many do not access help. Talking Changes is a new service designed to help anyone living in County Durham and Darlington to deal with common mental health problems such as stress, anxiety or depression, as well as panic, phobias, obsessive compulsive disorder (OCD), bulimia and post traumatic stress disorder.

Is the service for me?

Offering a range of talking therapies, this free, confidential service is open to you if:

- you are aged 16 or over
- you live in County Durham or Darlington
- your mental health is causing you concern and is affecting your employment, your health or your home life.

Support is provided by trained professionals and is available in a wide range of locations in the County Durham and Darlington area. We deliver services through a range of face to face, telephone and computer treatments all shown in research to be effective.

What can I expect?

Talking Changes provide a wide range of interventions which will help you to gain a better understanding of your problems, and to identify possible things you can do to overcome them.

Shortly after you make contact with us (via your GP or directly) we will contact you to arrange an initial discussion with one of our clinical staff, this is usually by telephone. This will help us understand some of the problems you have been experiencing and discuss what we can offer.

If our service is likely to help, a member of our staff will be in touch to set up treatment. Our flexible approaches to the delivery of these treatments (in groups, by telephone, online or face to face) will allow us to find the best package to suit you and your needs as quickly as possible.

Talking Changes interventions

Evidence shows talking therapies are effective, either on their own or in combination with anti-depressant medication. They enable people to understand their difficulties and learn to treat themselves, which can help prevent problems returning.

To begin the process of therapy, we can offer you a range of brief, time-limited interventions in the first instance, which means you may access help almost straight away.

First instance interventions are:

Psycho – educational courses – these are courses where we present information about stress, depression and anxiety and some of the helpful things you can do to cope. You are not expected to talk or share personal information with other participants, and each week we provide helpful handouts for you to keep.

Computer based Cognitive behaviour therapy (CCBT) – these are online programmes for anxiety, depression and bulimia. You can use your programme at a time convenient to you that helps you develop your own treatment package using tools such as interactive exercises and video clips. You will also receive regular support telephone calls from an experienced staff member to ensure you get the best from this intervention.

Telephone Guided self help – a series of 4 short telephone calls to support a range of material we provide you with, or direct you to, that covers good quality information about the problem you are experiencing, and strategies to help you make positive changes.

Evidence shows us that these first instance interventions are very effective and often people do not need any further support. However for those that do we can review your needs after you have completed one of the above and offer you a further range of therapies or direct you to another service that may be more suited to your needs.

Further interventions are:

Face to face guided self help – a series of 6 – 8 sessions where you spend time with a therapist who will guide you through specific self help exercises and materials.

Cognitive Behaviour Therapy (CBT) – up to 16 sessions of a face to face talking therapy that can help you understand thoughts and actions that may be linked to your problems and some changes you can make.

Interpersonal therapy – up to 16 sessions of a face to face talking therapy that can help you understand how relationships may be linked to your depression and some changes you can make.

How do I access the service?

You can be referred by your GP or self refer by calling the dedicated telephone numbers below. In most cases you will be able to see a therapist at your doctors' surgery or in a variety of other community locations. We aim to make sure that anyone who contacts the service can have an appointment close to where they live or work within County Durham or Darlington.

Contact us

To contact the service please telephone between 9am and 5pm, Monday to Friday.

0191 374 0044 (North Durham)

01388 646 831 (South Durham or Darlington)

Your call will be treated in confidence and a member of staff will be able to answer any questions that you may have.

For more information about Talking Changes log on to our website at www.talkingchanges.org.uk

The information in this leaflet can be made available in other languages and formats on request.