



**Lancashire &
South Cumbria
Talking Therapies**



NHS Talking Therapies
Free one-to-one support
information leaflet



for anxiety and depression

Service provided by Lancashire and South Cumbria NHS Foundation Trust

Feelings of anxiety and depression can affect us all

NHS Lancashire and South Cumbria Talking Therapies can offer one to one treatment to help you to make positive changes in your life

What are talking therapies?

Talking therapies can help you to help yourself and provide you with the tools you need to get back to enjoying life, work or daily activities.

Talking about your thoughts and feelings is good for you. We often find it useful to talk through our problems with a friend or family member but sometimes we may need to talk to someone who is trained to help us to make positive changes.

Talking therapies help people to explore their thoughts and feelings and the effect they have on their behaviour and mood.

By understanding what is going on in your mind and how this makes you feel, you can notice patterns that it may be helpful to change.

This can help you to feel better, improve your confidence, and take control of your life.

Talking therapies take place over a number of regular sessions, usually weekly appointments. This will vary according to your individual circumstances and needs.

We will let your GP know when you begin treatment and when your sessions come to an end. You will also get a copy of the letters we send to your GP.

“You have helped me find ways to move my life forward in a positive direction. You went above and beyond with patience, time and gave me the tools I needed. I feel stronger and more able to cope.”



for anxiety and depression

Service provided by Lancashire and South Cumbria NHS Foundation Trust

Talking therapies can help anyone who is:

- Feeling depressed
- Experiencing feelings of panic
- Finding it hard to control worry
- Feeling low
- Experiencing fear of specific objects or situations
- Feeling stressed
- Experiencing fear of social situations
- Struggling to come to terms with or experiencing flashbacks of traumatic events
- Obsessing about thoughts or stuck in repetitive routines

“The therapist was amazing and helped me so much. I was worried about starting my sessions but she made them enjoyable and spoke to me like a friend.”

Long-term physical health conditions

Sometimes people with long-term physical health conditions can experience some of these feelings. We can offer support to help you feel more able to cope with your health problem.

“The therapist helped me understand how my physical and mental health interact and the impact on my wellbeing. They tailored my treatment to my individual needs.”

Help during pregnancy and for new parents

Similarly, if you or your partner are pregnant or have recently become parents and are experiencing any of the above, we can help with this too.

“I always felt listened to and never judged. The therapist was extremely supportive and I can’t thank her enough.”

You are not alone...

Last year more than 30,000 people in Lancashire and South Cumbria benefitted from NHS Talking Therapies



for anxiety and depression

Service provided by Lancashire and South Cumbria NHS Foundation Trust

Treatments available

We offer a range of therapies recommended by the National Institute for Health and Care Excellence (NICE) including:

- Guided self help with a psychological wellbeing practitioner (PWP)
- Counselling
- Cognitive behavioural therapy (CBT)
- Computerised CBT (cCBT)
- Stress control courses
- Eye movement desensitisation and reprocessing therapy (EMDR)
- Mindfulness courses
- Wellbeing webinars

“The therapist has provided guidance and support, and through working together I feel that my life has changed for the better. I have learned many things along my journey - strategies that really work, understanding why I might feel the way I do, and having someone who doesn’t judge are to name but a few.”



How to contact us

 For more information or to self-refer scan the QR code, www.lscft.nhs.uk/talkingtherapies or telephone your local team on the numbers on the back page.

What to expect

When you get in touch we will offer you a telephone welcome and assessment appointment with one of our therapists. This appointment will normally be within two to four weeks. At the arranged time we will telephone you to find out more and so that we can ensure you are offered the most appropriate therapy for your needs.

Confidentiality

If you have any questions regarding confidentiality, please raise these at your first appointment with your therapist who will explain the boundaries of confidentiality and answer your questions.

What we cannot offer

Talking therapies are not crisis services. If you or a loved one are having a mental health crisis and need help straight away you can:

- Call the mental health crisis line on **0800 953 0110**
- Dial **999** if you have harmed yourself

Group therapy is also available, please visit our website



for anxiety and depression

Service provided by Lancashire and South Cumbria NHS Foundation Trust

Contact your local team to find out more.

Central Lancashire	
Preston	01772 773437
West Lancashire	01695 684177
Chorley and South Ribble	01772 643168
North Lancashire	
Lancaster and Morecambe	0300 555 0345
Fylde and Wyre	01253 955943
Pennine Lancashire	
Hyndburn	01254 226007
Rosendale	01282 657792
Burnley	01282 657268
Pendle	01282 657927
Ribble Valley	01200 420499
Blackburn and Darwen	01254 226037
South Cumbria	
South Cumbria	0300 555 0345

For more information contact your local team or visit our website for more information
www.lscft.nhs.uk/talkingtherapies

Scan QR code to get more information



Patient Advice and Liaison Service (PALS)

If you have some concerns, questions or need advice on our services, you can contact the Patient Advice and Liaison Service (PALS) on **0800 234 6088** or email PALS@lscft.nhs.uk

Feeling low and need someone to talk to?

Call **0800 915 4640**

Monday to Friday 7pm - 11pm

Saturday to Sunday 12pm - Midnight



Need urgent help?

Call **0800 953 0110**

24 hours a day,

7 days a week



for anxiety and depression

Service provided by Lancashire and South Cumbria NHS Foundation Trust