



Blackpool Talking Therapies



**NHS Talking Therapies for people who are
registered with a GP in Blackpool or Cleveleys
Free one-to-one support information leaflet**



for anxiety and depression

Service provided by Blackpool Teaching Hospitals NHS Foundation Trust

Feelings of anxiety and depression can affect us all

NHS Blackpool Talking Therapies can 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."



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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

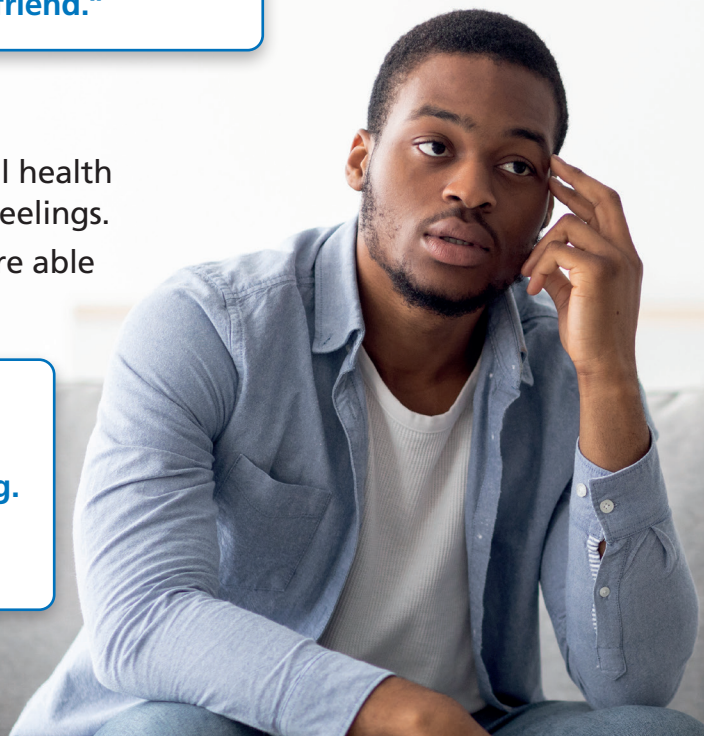
Sometimes people with long-term physical health conditions can experience some of these feelings. We can offer support to help you feel more able to cope with your health problem.

"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."



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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)
- Online CBT
- 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.blackpoolteachinghospitals.nhs.uk/services/talking-therapies, email: bfwh.talkingtherapies@nhs.net or telephone 01253 955700 (Monday to Friday 9am-5pm).

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



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NHS Blackpool Talking Therapies

Telephone: **01253 955700**

(Monday to Friday 9am - 5pm)



Hospital Switchboard

Telephone: **01253 300000**



Patient relations department

The patient relations department offer impartial advice and deal with any concerns or complaints the Trust receives.



You can contact them via Tel: **01253 955589**

or by email: **bfwh.patientrelations@nhs.net**



Further Information

is available on our website: **www.bfwh.nhs.uk**

If you'd like a large print, audio, Braille or a translated version of this booklet then please call: **01253 955520**



**01253
955520**

Author: [Lynn Christie](#)

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