

Frequently Asked Questions

Where can I see a PWP?

PWPs currently have face to face clinics in the Town Centre, Donnington, Wellington, Woodside and Madeley. Alternatively, you can have treatment sessions over the telephone.

What if I work 9 to 5?

There are clinics available until 7pm Monday-Thursday at our base in Donnington.

What if I can't make an appointment?

We ask that you call to cancel at least 24 hours before your appointment is due to take place, so we can allocate the slot to somebody else. If you cancel more than 2 sessions or do not attend without contacting us then therapy will be stopped.

We will endeavour to accommodate any specific requirements to enable you to access our support.

HOW TO GET IN TOUCH

Primary Care Wellbeing Service

Longdon House
St George's Court
Donnington Wood
Telford
TF2 7BF

01952 613 822

Email us

wellbeing.telford@sssft.nhs.uk

Visit our webpage

telfordwellbeingservice.sssft.nhs.uk

If you are thinking seriously about harming yourself or others please call your GP or the following help lines:

Samaritans 01952 256 161
(open 24 hours)
Sane Line - 08457 678000
(open 6-11pm)

Psychological
Wellbeing
Practitioners

Primary Care Wellbeing Service



01952 613822

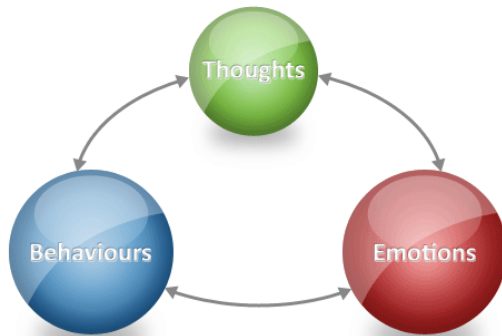
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Different



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Psychological Wellbeing Practitioners

(PWP) are people who have been specially trained to help with common problems such as depression, anxiety, stress and panic. PWP work within an approach called Cognitive Behavioural Therapy (CBT), which looks at how our thoughts and behaviour affect the way we feel.



Your PWP will work with you in a similar way to fitness instructors in a gym. Fitness instructors offer you advice to improve your health, motivate you during workouts, and review how well you are doing in each session. In the same way, your PWP will work with you to come up with a plan that suits you, offer advice and encouragement as you go along, and monitor your progress to make sure things are improving for you. This approach is called "Guided Self-Help", and will give you techniques to help you long after your period of treatment has finished.

How can a PWP help me?

PWPs can offer support in lots of different areas, including:

- Advice on your symptoms
- Increasing motivation and lifting your mood
- Managing panic and anxiety
- Changing unhelpful ways of thinking
- Stress management
- Problem solving
- Goal setting
- Relaxation techniques
- Medication advice
- Advice on sleeping
- Advice on other support available, and agencies that may be useful to you



How will it work?

Once you have completed your assessment and decided to work with a PWP, you will be offered a first treatment session. In this your PWP will go through a therapy contract with you, explain more about the approach and discuss the areas you wish to work on.

Your PWP will initially offer you four appointments, and will review your progress to make sure the support you are getting is working for you. You will be given activities to complete between each session, and information leaflets along the way to help guide you. Each session will last 30 minutes, and you will complete a questionnaire every time to help track your progress.

Along the way, your PWP will work closely with your GP, and can discuss with you further options for treatment if needed. They will also work with you to create a relapse prevention plan, and guide you to other places of support if appropriate.