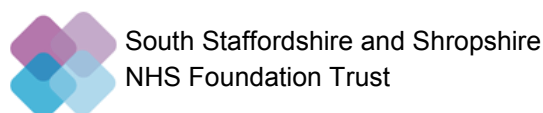


April 2018



## Contact details

- > Call us on  
01952 457 415
- > Email:  
wellbeing.telford@sssft.nhs.uk
- > Visit our website at  
telfordwellbeing.service.sssft.nhs.uk
- > Tweet us Telford\_IAPT
- > Like us on facebook:  
www.facebook.com/telfordwellbeingservice
- > Postal Address:

Fuller House

Hall Court

Hall Park Way

Telford

TF3 4NF

### Referral Line Opening times:

Monday to Friday  
9.15am – 4.30pm

Our administrators will take your details and arrange an initial appointment for you on a date of your choice within our opening hours. Telephone assessments are offered either am or pm between the hours of 9am—4pm. However if required therapy appointments can be arranged before 9am weekdays, or in the evening Monday—Thursday.

# Telford Wellbeing Service Newsletter

## Who we are

The Primary Care Wellbeing Service is a free NHS Service providing a range of recommended talking therapies for common mental health problems such as anxiety and depression. We offer information, guidance and talking therapies in a variety of different formats. To access our service you need to be aged 16 or over and registered with a Telford GP.

To find out more or to refer yourself please contact the team on:  
**01952 457 415**

Someone will take your details and arrange an appointment to discuss your difficulties and look at ways in which we can support you to help yourself improve your wellbeing. Please allow around about 10 minutes for this initial contact.

*Please note we are not a 24 hour, 7 days a week service. If you need urgent or immediate support please contact the Samaritans on 116 123, your GP or Shrop Doc on 0333 222 6655.*

## Silvercloud Update

Since launching our online Cognitive Behavioural Therapy programme, Silvercloud, last year, 655 people have signed up. Our most popular courses are the anxiety courses, which can help people understand their anxiety, face their fears and control worrying. Of those who complete their chosen programme, the percentage of people that recover is shown to be inline with the same type of therapy offered via telephone or face-to-face.

Silvercloud self-referral offers three programmes: Space from Generalised Anxiety, Space from Depression and Space from Stress. They are free for anyone over 16 and registered with a Telford and Wrekin GP, and can be accessed via our website: <http://telfordwellbeingservice.sssft.nhs.uk/silvercloud>

Unsure if Silvercloud is for you, and would rather discuss all the different options available? You can call 01952 457415 to arrange a telephone assessment, where you can discuss the type of therapy that will most suit you.

# Support for people with Long-Term Conditions

Our new project supporting people with respiratory conditions and diabetes is ongoing. Having a long-term condition can affect all areas of our life, not just our physical health. Our service aims to help people with these conditions maintain the best possible health for them, both mentally and physically.

We have now expanded our project to include people with muscular-skeletal conditions, and have been working alongside physios, nurses and other health professionals to bring this support to everyone who would benefit from it. People with long-term conditions sometimes find they:

- Have difficulty remembering to take medication, or injections
- Not wanting people to know about their condition
- Have difficulty sleeping
- Feeling tired and a lack of energy
- Poor appetite or overeating, or eating healthily
- Little motivation to do daily tasks
- Worry about their condition, or things getting worse
- Feeling low in mood, and “down in the dumps”
- Feeling frustrated and angry about how to manage their condition
- Having mood swings, and not knowing how to change this
- Feeling socially left out, or that people are judging them

If any of this sounds relevant to you, we may be able to help you improve your mood, worry less, and gain more motivation.

We currently have Practitioners based in Wellington, Madeley and the Town Centre available to see anyone who might benefit. We can also offer telephone support. You can call us on 01952 457415 to self-refer for support, or more information is available on our website: <http://telfordwellbeingsservice.sssft.nhs.uk/>

## Things to look out for

Mental Health Awareness week is coming up on 14th—20th May, and this year's theme is stress. The Mental Health Foundation has some great resources available online — [mentalhealth.org.uk](http://mentalhealth.org.uk). If you're worried about your own stress levels, you can sign up to our free online therapy course “Space from Stress”, by Silvercloud. Access via our website <http://telfordwellbeingsservice.sssft.nhs.uk/silvercloud>

## Come and see us at:

In May we'll be attending Branches in the Park, A Mental Health Awareness Festival which will include activities and events for all the family. Alongside live music, there will be arts and crafts activities, rides, food stalls and various information on how to look after your mental health. The event is on Sunday 6th May 2018, 11am to 6pm, at Telford Town Park Arena. Looking forward to seeing you there!

Do you have any events coming up, or a group that you feel could benefit from a talk about mental wellbeing? We're happy to come a speak at any events or community groups within the Telford and Wrekin area. You can call us on 01952 457415 to discuss, or contact [wellbeing.telford@sssft.nhs.uk](mailto:wellbeing.telford@sssft.nhs.uk)