

Contact details

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 NHS 111.

Midlands Partnership NHS Foundation Trust

Midlands Partnership NHS Foundation Trust was formed on 1 June 2018 following a merger between South Staffordshire and Shropshire Healthcare NHS Foundation Trust and Staffordshire and Stoke on Trent Partnership NHS Trust.

Midlands Partnership NHS Foundation Trust provides physical and mental health, learning disability and adult social care services across Staffordshire, Stoke-on-Trent and Shropshire. Telford Wellbeing Service will continue to provide the same support we have always done, under our new Trust name.

- > Call us on
01952 457 415
- > Email:
wellbeing.telford@mpft.nhs.uk
- > Visit our website at
telfordwellbeing.service.sssft.nhs.uk
- > Tweet us Telford_IAPT
- > Like us on facebook:
www.facebook.com/telfordwellbeingservice
- > We're now on Instagram! Check us out @telfordwellbeingservice

> Postal Address:

Fuller House

Hall Court

Hall Park Way

Telford

TF3 4NP

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 8.15am—5.45pm.

NHS 70th Birthday Celebrations

For the NHS 70th Birthday Celebrations in July, staff at our base in Hall Court offered cakes to visitors, and displayed pictures of the history of the local NHS.



Come and see us at:

We're out in the community for several events coming up in the next few months. We'll be at The Place in Oakengates on Wednesday 19th September, and back in Oakengates again on Saturday 29th September, this time at The Wakes for their Community Housing Event. You can also catch us at the Princess Royal Hospital, on Tuesday 9th October from 1pm until 4.30pm.

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 and 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@mpft.nhs.uk

New Assessment times available

From October, we will endeavour to expand the times we are able to offer telephone assessments, to better support those who are unable to take time out of their work days or childcare to speak with us.

Assessment appointments via telephone will now be offered between the hours of 8.15am until 5.45pm.