

# CNWL Talking Therapies Brent

## Introduction to Talking Therapy

# Why have you invited us here?

- We know that life can be difficult and we will all experience challenges to our mental health at times in our lives
- Today we would like to talk to you about how our service helps people to regain or maintain mental wellbeing. We will tell you what help is available and how to access it if you need it.



# Everyone else seems to cope. Why can't I?

- Unfortunately there is still some shame and stigma about mental health.
- The reality is 1 in 4 people experience a mental health difficulty in their lives, however they may have felt too ashamed to talk about it.



# You don't have to feel good all of the time

- ▶ Experiences of painful emotions such as failure, disappointment and grief are part of life.
- ▶ However, mental wellbeing is reduced when these emotions are very frequent, long lasting or very intense and interfere with a person's ability to function in their daily life.

I CAN'T.



# What is depression?

**1 in 5 people will suffer from depression in their lifetime.**

**Symptoms are:**

- Feelings of sadness and low mood which are persistent over 2 weeks
- Common symptoms include low motivation, sleep problems and tiredness, social withdrawal and negative thoughts.
- These symptoms will be significantly interfering with your life



# What is stress / anxiety?

**1 in 4 people will suffer from an anxiety disorder in their lifetime.**

**Symptoms include:**

- Feeling tense, nervous, uncertain and fearful
- There are different forms of anxiety: Generalised Anxiety; Panic; Obsessive Compulsive Disorder; Health Anxiety
- These symptoms will significantly be affecting your quality of life.




# What does your service offer?

- Assessment of needs and signposting
- Workshops (one off)
- Group CBT
- Silvercloud
- Individual Guided Self-Help
  - Face to face
  - Telephone
- Individual CBT
- Counselling
- Employment Support



# Counselling

- ▶ Talking therapy which is also evident to be helpful for people with common mental health problems
  - ▶ Reflective approach which will allow you to talk about issues in more depth
  - ▶ Helps with adjustment to life changes such as an illness, issues around loss, relationship problems and other difficulties.
- 



# What is CBT?

Cognitive Behaviour Therapy is based on the fundamental principle that:

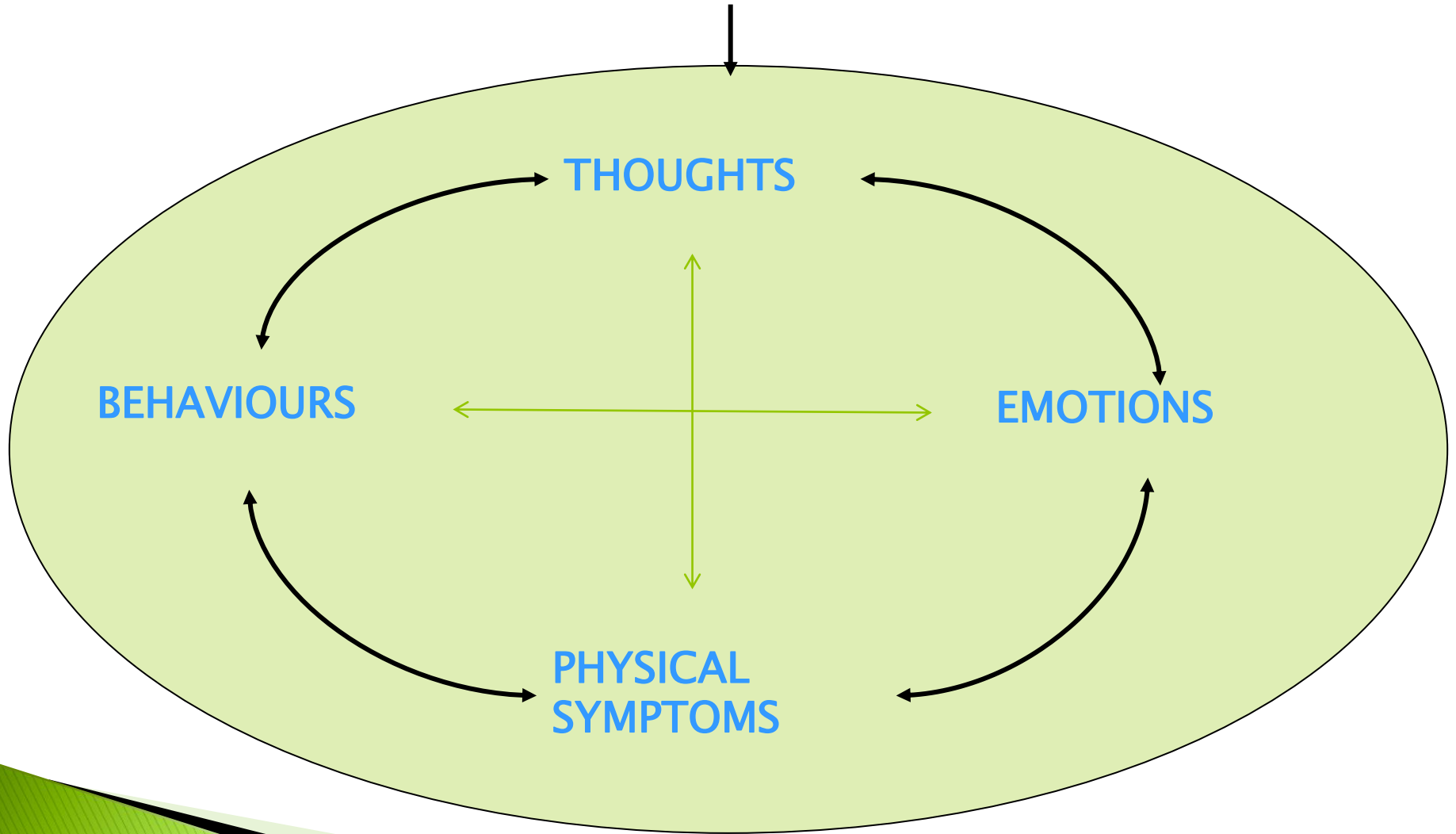
***“We are disturbed not by events, but by our interpretation of events.”***  
*- Epictetus.*

Problems are seen as an interaction between five areas - cognitions, behaviours, emotions, physiology and the environment/situation.



# CBT MODEL

TRIGGER



# Workshops

They are in a group setting but not group therapy

## *One off workshops*

- Introduction to Talking Therapy
- Improving Sleep
- Intro to Mindfulness

You can attend these along side individual therapy, or as stand alone therapy

## *Workshops (4-5 sessions)*

- Moodtools
- Moodbooster
- Managing worries


## **Feedback from workshops:**

“I enjoyed it very much and learnt a lot”

“It was especially helpful to be able to talk to others who are in a similar situation to me”

“The workshop was laid back and I didn’t have to delve into my issues openly”

# Silvercloud


- Website which offers secure access to supported, flexible programmes designed to help you learn techniques to overcome low mood, anxiety and stress.
  - Online, no need to attend rigid or time consuming appointments, can do it any time and anywhere using a computer, tablet or smartphone!
  - You will have a supporter from CNWL Talking Therapies Brent who will review your progress and guide you through the content. Also able to securely message your supporter who can read messages at your scheduled review.
  - Up to 6 reviews – after this you can continue using the programme for free for up to a year.
- 

# What problems can CBT help with?

- Depression or low mood
- Obsessive Compulsive Disorder (OCD)
- Post Traumatic Stress Disorder (PTSD)
- Health Anxiety
- Phobias including social phobia
- Panic attacks
- Stress and worry



# How we are “improving access”

- ▶ We have appointments in various locations – including GP Surgeries and Health Centers
  - ▶ Day-time and evening appointments
  - ▶ Self-referral by phone or email
  - ▶ Use of interpreters
- 

# How quickly will I be seen?

- ▶ Very little wait for assessment
- ▶ Very little wait for workshops or courses (on rolling basis)
- ▶ Some wait for one-to-one sessions. This varies depending on type of treatment offered, the wait could be up to 4-6 weeks.
- ▶ If you can be flexible with where and when you can be seen you will be seen more quickly




# What if I feel desperate?

People frequently have thoughts of ending their life or harming themselves when they have a mental health difficulty.

Our service is not an emergency service and we are only able to see patients with appointments. If anyone here feels that they are in immediate danger or wants to let someone know about these thoughts then they can speak to us at the end of the session.


If you or someone else experiences these thoughts in the future please see your GP, or visit your local Accident & Emergency if you are experiencing a crisis or an emergency.

You can call the SPA (Single point of Access) out of hours on 0800 0234 650 which is a 24/7, 7 days a week, urgent advice service.





# How to access the service

- Today: Fill in an “opt-in” questionnaire and we will contact you
  - Self-referral by telephone: 02082063924
  - Through our website:  
<http://www.cnwltalkingtherapies.org/>
  - GP referral
- 



CNWL Talking Therapies Brent

Fairfields House, Fairfield Crescent, Roe  
Green, Kingsbury, NW9 0 PS

Tel: 02082063924

Email: [brent.iapt@nhs.net](mailto:brent.iapt@nhs.net)