

## Help in a crisis

If you are worried about the immediate safety of yourself or someone that you know, you should contact the Emergency Services on 999.

For alternative support with low level mental health concerns, you can call Samaritans on 116 123, SANEline on 0300 304 7000, NHS Direct on 111 or your GP surgery.

## How do I give feedback on a service?

If you have a concern, please feel free to speak with a member of the team.

Alternatively, the Service Experience Desk (SED) is the central point of contact for all concerns and enquiries, whether these are formal or informal, complaints, compliments or suggestions.

You can contact SED on:  
Black Country Healthcare NHS Foundation Trust, Service Experience Desk, Delta House, Greets Green Road, West Bromwich, B70 9PL

**Email:** [sed.bchft@nhs.net](mailto:sed.bchft@nhs.net)

**Tel:** 0800 587 7720

Leaflets are available in other languages and formats such as large print, braille or easy read. Please contact the communications team on at [bchft.communications@nhs.net](mailto:bchft.communications@nhs.net)



# Walsall Talking Therapies Service

## Self-referral Guide

This service is for people registered with a

Walsall GP surgery


**Freephone:**

0800 953 0995

**Refer online:**

[www.blackcountryhealthcare.nhs.uk/ttwalsall](http://www.blackcountryhealthcare.nhs.uk/ttwalsall)



Together with you to achieve   
**healthier, happier lives**

## What is Talking Therapy?

Talking therapy is a type of treatment that involves talking to a therapist about your thoughts and feelings to help manage depression and anxiety symptoms. The purpose of talking treatments is to help you understand your feelings and behaviour better, and to change your behaviour or the way you think about things.

Once we receive your referral we will contact you by telephone to offer you a brief screening assessment of 20-30 minutes. We will discuss your current needs/difficulties and what type of therapy might be best for you. We can also suggest alternative services that might be better suited to meet your needs.

For therapy to work you need to be committed and motivated to attend all sessions offered.

## What types of therapy do you offer?

- **Cognitive-Behavioural Therapy (CBT)**

A combination of cognitive therapy, which examines unhelpful thoughts and beliefs, and behavioural therapy, which focuses on how you react to your unhelpful thoughts and beliefs. CBT is recommended for a wide range of problems and it is known to be effective with depression and anxiety disorders.

- **Computerised Cognitive Behavioural Therapy (cCBT)**

cCBT is an effective treatment alternative to face-to-face psychological treatment. You can access this 24/7 from your smart phone, computer or tablet device. cCBT is useful if you cannot get time off work to attend appointments.

## Guided Self Help (GSH)

GSH involves working through a range of self-help material specific to your needs/difficulties.

## Eye Movement Desensitisation and Reprocessing (EMDR)

A form of therapy used when people have been exposed to a traumatic experience/life events that goes on to cause distress, such as Post Traumatic Stress Disorder (PTSD).

## Dynamic Interpersonal Therapy (DIT)

A brief and structured form of psychodynamic therapy. It is particularly effective for people who are suffering from depression stemming from relationship difficulties.

## Interpersonal Psychotherapy (IPT)

A time-limited and structured therapy. IPT focuses on conflict with another person, life changes that affect how you feel about yourself and others, grief and loss, and difficulty in starting or sustaining relationships.

## Decided that talking therapy is right for you?

Please visit [blackcountryhealthcare.nhs.uk/walsall-talking-therapies](https://blackcountryhealthcare.nhs.uk/walsall-talking-therapies) or call us on freephone **0800 953 0995** to self refer.

**Phone calls made to you from our service will be from an unknown number.**

*Please be aware that the security of any emails and text messages cannot be guaranteed.*

