

Mindsmatter offer a variety of brief psychological treatments for depression and anxiety disorders. We have a range of **FREE services** aimed to increase wellbeing. To help you decide, we will arrange a friendly telephone welcome call to discuss your current difficulties and talk about the options available. Please ensure that you read this menu of services to help find the right treatment for you.

6 Week Courses

Groups and courses can really help your understanding of what you are going through and build your confidence! We have a mixture of day and evenings courses available.

Stress Control

- **No discussion** of personal problems!
- CBT based techniques to reduce stress by teaching better *coping strategies*
- Combines stress management with Mindfulness and Positive Psychology strategies to boost wellbeing
- All about **becoming your own therapist!**

Wellbeing Workshop

- **Interactive** but not group therapy – you don't have to share personal information
- Evening and day courses
- **Large range of coping strategies** for anxiety and depression

1:1 Online Therapy

SilverCloud

- Effective, supportive programmes for a range of mental and behavioural health issues
- The content is designed to be **motivational, easy to use, and interactive** with relevance to the unique requirements of the service user

Big White Wall

- A **safe online community** of people who are anxious, down or not coping who support and help each other by sharing what's troubling them, guided by trained professionals
- **Available 24/7**, completely anonymous so you can express yourself freely and openly
- Adults aged 18+ can access a variety of **live online therapy**

One off Workshops (1 hour)

These one off workshops can be accessed at any point during treatment

Happiness Hours

- Focuses on **positive psychology** so you can get the most out of life!
- The benefits of hugging, laughter and mindful chocolate eating amongst many other things!

Relaxation Session

- Demonstrating different types of relaxation
- The **chance to practice techniques** in a safe and supportive environment

Our **Psychological Wellbeing Practitioners** (PWP's) are trained to deliver a broad range of evidence-based treatments for common emotional problems. They provide individual sessions face-to-face, by telephone or Skype

The **Mindsmatter** service also offers a range of **talking therapies** including Counselling, Cognitive-Behavioural Therapy, and Eye Movement Desensitisation Therapy (EMDR)

Psychological treatments are not for everyone and the time needs to be right to get the most benefit from them. Our clinicians can help you to discover whether our service is likely to help you now or in the future.

Mindsmatter services offer brief psychological treatments for depression and anxiety disorders. We are **not** able to provide reports for compensation, legal or benefits claims, nor do we prescribe medication. **Please discuss these needs with your GP.** Mindsmatter services do not offer long-term therapy or ongoing support following brief therapy.

Useful Contacts

Urgent support if you are struggling with thoughts of harming yourself

9am - 4.30pm START Team **01772 647024**

Out of Hours Crisis Team **01772 773433**

NHS Wellbeing and Mental Health Helpline 0300 222 5931

Available Monday to Friday 7pm - 11pm, Saturday & Sunday 12am to 12pm.

Offers 'out of hours' telephone support to anyone concerned about a mental health issue, or that of someone they know. This is a freephone number and will not appear on the telephone bill

The Samaritans

Free Phone **116 123**

Texting Service **07725 909090**

Email jo@samaritans.org

24 hours a day, 365 days a year

Inspire Drugs & Alcohol Service 0808 1698 673

If you currently have a problem with drugs or alcohol, we may direct you to this service before you are able to receive any support through Mindsmatter

Citizens Advice Bureau

Offer free, independent, confidential and impartial advice regarding debt problems, benefits and tax credits, employment, housing, relationships and family problems.

Advice can be offered over the telephone, at face-to-face appointments, via email or by using their self-help website: www.adviceguide.org.uk

Lancashire Wellbeing Service 03450 138 208

A free service offering practical, short-term support towards a better quality of life

For more information and to self-refer online:

www.lancashirecare.nhs.uk/mindsmatter