

Specialist Services

Secure Services

Mental Health

Community Services

Children and Families

# Mindsmatter

Talking Therapies provided by Lancashire Care

# MindsMatter

Your local **IAPT** service

**I**mproving      **A**ccess to      **P**sychological      **T**herapies

MindsMatter (IAPT) is the frontline NHS implementing therapeutic treatment options for people suffering with common mental health difficulties

# What is Good Mental Health?

- A state of well-being
- Realizing your own potential
- Coping with the normal stresses of life
- Being able to work productively and fruitfully
- Being able to contribute to your community



# Improving Your Mental Health and Wellbeing

## The Mental Health Wellness Continuum





Healthy	Struggling	Unwell
<ul style="list-style-type: none"><li>• Coping well</li><li>• Normal fluctuations in mood</li><li>• Able to relax</li><li>• Enjoying relationships with others</li><li>• Healthy appetite and sleep</li><li>• Feel confident</li><li>• Enjoying socialising and recreational activities</li><li>• Exercising</li></ul>	<ul style="list-style-type: none"><li>• Starting to cope less well</li><li>• More fluctuations in mood</li><li>• Trouble relaxing</li><li>• Relationships with others becoming difficult</li><li>• Appetite and sleep affected</li><li>• Confidence lessened</li><li>• Sometimes withdrawing from socialising and recreational activities</li></ul>	<ul style="list-style-type: none"><li>• Feel like can't cope</li><li>• Mood difficult to manage</li><li>• Agitated and tense most of the time</li><li>• Becoming isolated from others</li><li>• Appetite and sleep poor</li><li>• Feel low in confidence</li><li>• Withdrawing from socialising and loss of interest in activities</li></ul>

# Courses

We have a range of new, free courses and groups

Groups and courses can really help your understanding of what you are going through and build your confidence!



# Stress Control

- A six session class (not group therapy)
- No discussion of personal problems in the class
- Facilitated by PWP's
- It uses CBT techniques to reduce stress by teaching better **coping strategies**
- Combines **stress management** with **Mindfulness** and **Positive Psychology** strategies to **boost wellbeing**
- Classes are supported by slideshow presentations, hand-outs, video, audio and relaxation and mindfulness tracks
- Great to see how many other people are affected
- **All about becoming your own therapist!**

# Wellbeing Workshop

- 6 sessions
- **Interactive** but not group therapy – you don't have to share personal information

**Session 1:** Getting Started and Stress

**Session 2:** Anxiety

**Session 3:** Depression

**Session 4:** Thought Challenging

**Session 5:** Sleep and Problem Solving

**Session 6:** Self Esteem, Assertiveness and Relapse Prevention



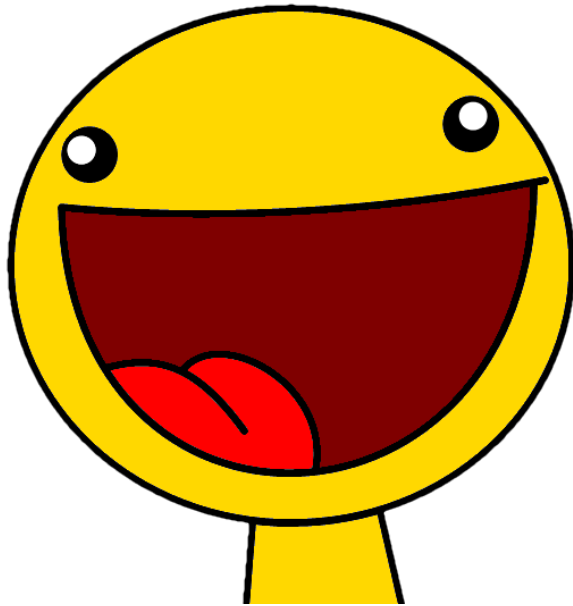


# Running Matters

- 6 sessions – **Educational & Active**
- First half – focuses on coping strategies and improving your mood
- Second half – an informal run putting strategies into practice
- Facilitated by two PWPs qualified by Athletics Association
- Aimed at those with low motivation – **effective for treating depression and low mood**
- Everyone goes at their own pace
- No-one is left behind or last!



# Happiness Hour



- This is a great one-off workshop focusing on **positive psychology** so you can get the most out of life!
- We cover the benefits of hugging, laughter and mindful chocolate eating amongst many other things!

# Relaxation Session

- A one-off hour long workshop demonstrating different types of relaxation
- The **chance to practice techniques** in a safe and supportive environment



# SilverCloud

<http://www.silvercloudhealth.com>

- SilverCloud offers effective, supportive programmes for a range of mental and behavioural health issues
- The programmes are designed in-conjunction with world leading partners from academic and medical institutions
- The content is designed to be motivational, easy to use, and interactive with relevance to the unique requirements of the service user



# SilverCloud

## Modules

Space from anxiety and depression

Space from stress

Space from depression

Space from panic

Space from phobia

GAD (Generalised Anxiety Disorder)

Chronic Pain

COPD (Chronic Obstructive Pulmonary Disease)

Diabetes Wellbeing



# SilverCloud

## Specific Disorder Modules

Health anxiety

OCD

Space from body image

Social Anxiety

## Additional Modules

My self-esteem and I

Sleep difficulties

Relaxation

Employment support

Anger management

Managing Health

Behavioural Experiments



# Big White Wall™

**NHS**

**Lancashire Care**  
NHS Foundation Trust

[www.bigwhitewall.com](http://www.bigwhitewall.com)

- 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 years and above can access a variety of live online therapy



# Big White Wall™

## Online courses available now



Lancashire Care  
NHS Foundation Trust

Mental health and wellbeing	Course length	Physical health	Course length
Managing Anxiety	5 weeks	Cut Down Your Drinking	4 weeks
Managing Depression	5 weeks	Quit Smoking	4 weeks
Tune into the Positive	2 weeks	Eat Healthily and Lose Weight	6 weeks
Managing Negative Thinking	3 weeks		
Using Activity to Raise Mood	3 weeks		
Problem Solving	2 weeks		



# What we don't do

- Our team does not provide the following services:
  - Sick notes or reports
  - Medication management
  - Diagnoses
  - Home visits
  - Benefit or claim support

# Referring to MindsMatter

- Go to [www.lancashirecare.nhs.uk/Mindsmatter](http://www.lancashirecare.nhs.uk/Mindsmatter) for our Online Referral Form
- Telephone the Preston team on **01772 773437** (Mon-Fri 9am-5pm)
- Fill in a self-referral form and post

**Can also obtain GP referral - but this can take longer**

# Any Questions?



# Thank you!

*Minds*matter

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