

East Lancashire Healthy Minds

Healthy Minds Services offer **brief psychological treatments for depression and anxiety disorders**. We are also able to offer advice regarding other organisations who may offer support within your community.

IMPORTANT: Please ensure that you read this menu of services so that we can discuss the options when we call you

Our Menu of Services

Self-Help Leaflets & Books on Prescription – Helping people with mild to moderate mental health problems using Cognitive Behaviour Therapy. www.booksonprescription.org.uk/

“**LIVING LIFE TO THE FULL**” is offered at Community Venues or can be accessed online

Computer assisted Cognitive Behavioural Therapy consists of 8 individual or group sessions that may change your life

- ✓ This package aims to provide easy access to CBT skills - and does so in a way that cuts through jargon, by empowering users to understand why they feel as they do, and to learn new ways of improving how they feel.
- ✓ To learn how your thoughts are connected your feelings and behaviours and how to begin to make changes in your life
- ✓ There are lots of case examples of other people who have similar problems

www.lltff.com

Courses Available

Sleep Well Workshop – Learn techniques to improve your sleep

Keep Calm and Relax Yourself Session

Wellbeing For Life Course

Other courses coming soon.....





Psychological Wellbeing Practitioners (PWP's) offer 30 minutes sessions face-to-face or by telephone.

Our Psychological Wellbeing Practitioners are trained to deliver a broad range of evidence-based interventions to treat common mental health problems, these include:

- Mood management techniques such as behavioural activation and techniques to manage unhelpful thinking
- Problem Solving
- Information about any medications you may have been prescribed
- Anxiety and Stress management

The Healthy Minds IAPT Service also offers a range of talking therapies including Counselling, Cognitive-Behavioural Therapy, Interpersonal Therapy (IPT), Eye Movement Desensitisation Therapy (EMDR). For more information about Counselling go to: www.bacp.co.uk. For more information about CBT go to: www.babcp.com. If you would like more information about IPT and EMDR please ask us.

ALSO AVAILABLE - Mindfulness for Health & Wellbeing – This 8 week course teaches you skills to live in the moment and better manage stress and distress through learning mindfulness skills. Find out more about Mindfulness courses go to: www.lancashirecare.nhs.uk/Mindfulness www.bemindful.co.uk/learn/find_a_course

Healthy Minds 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. IAPT Services do not offer long-term therapy or ongoing support following brief therapy.

Other Useful Contacts

NHS Mental Health Helpline 050063000 Mon -Friday 7pm - 11pm, Sat & Sun 12am to 12pm

An 'out of hours' telephone support to anyone concerned about mental health issues, or that of someone they know, and to provide mental health information. This is a FREEPHONE number and will not appear on the telephone bill

The Samaritans 24 hours a day, 365 days a year 0845 7909090

Inspire NHS Alcohol & Drug Service Burnley 01282 657270 Accrington 01254 282 915 Pendle/Nelson 01282 644100

Help Direct 0303 333 1111

CAB offer free, independent, confidential and impartial advice regarding debt problems, benefits & 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 Website www.citizensadvice.org.uk/index/getadvice



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