

## Blackburn with Darwen Mindcare

Blackburn with Darwen Mindcare 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 Service so that we can discuss the options when we call you

### Our Menu of Service

**Self-Help Leaflets & Books on Prescription** – Helping people with mild to moderate mental health problems using Cognitive Behaviour Therapy. [www.booksonprescription.org.uk/](http://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](http://www.lltff.com)



### Courses Available

Stress Less – every 4 weeks

Improve Mood – every 4 weeks

Sleep Improvement – every 4 weeks

Relax Yourself – every 4 weeks

**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 Mindcare IAPT Service also offers a range of talking therapies including Counselling, Cognitive-Behavioural Therapy, and Eye Movement Desensitisation Therapy (EMDR). For more information about Counselling go to: [www.bacp.co.uk](http://www.bacp.co.uk). For more information about CBT go to: [www.babcp.com](http://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](http://www.lancashirecare.nhs.uk/Mindfulness) [www.bemindful.co.uk/learn/find\\_a\\_course](http://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** 0500 639 000 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

**Evolve NHS Alcohol & Drug Service** Blackburn 01254 583957

**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](http://www.adviceguide.org.uk) Website [www.citizensadvice.org.uk/index/getadvice](http://www.citizensadvice.org.uk/index/getadvice)

