

What we offer

Online Therapy

What is it?

SilverCloud is an exciting online therapy programme proven to help with stress, anxiety, low-mood and depression. Some examples of anxiety problems it can help with are; obsessive compulsive disorder, health anxiety, phobias, panic and social anxiety.

There are a range of programmes, including extra activities and ideas from mindfulness and cognitive behavioural therapy. The programme is flexible; use it anytime, anyplace, and anywhere. You can even access it on a computer, tablet or mobile phone.

What does the programme involve?

This programme takes approximately 6-8 weeks to complete and each weekly session takes around 40 minutes. All you will need is access to the internet and sound on a computer, tablet or mobile. State of the art technology is used in SilverCloud with easy to follow programmes to help you in your recovery journey.



The programme includes:

- Video clips
- Interactive quizzes
- A journal
- Mindfulness exercises

How will this help me?

- By improving your understanding of ways to manage stress, low mood and depression as well as a range of anxiety related problems
- Giving you the opportunity to practice your learning between sessions
- Providing you with access to on-going reviews and support from one of our team members via email or over the phone

How do I access this?

To self-refer visit: **www.hacw.nhs.uk/our-services/healthy-minds**.

To ensure you access the right treatment the team will arrange an assessment screening appointment with you these usually take around 30 minutes and they are completed over the phone.

www.hacw.nhs.uk/healthyminds

Educational courses

Calming Anxiety and Boosting Mood

What is it?

The Calming Anxiety and Boosting Mood (CABM) course is a psychological educational course run within a group setting. If you are aged 16 or older and registered with a Worcestershire GP, you can self-refer to attend a course. The CABM course is designed to help you understand and recognise low mood, anxiety and panic and help you learn skills and techniques to combat it.

What does the programme involve?

The course consists of six sessions. Each session lasts for two hours and they are delivered weekly. There will be some group discussions, however, it is up to you how much or how little you choose to say in front of the group. There is homework involved as part of the CBT approach and in order to get the full benefit of the course, it is recommended that you complete the tasks outside of the course.

How will this help me?

The course will help you to understand your low mood and/or anxiety and learn strategies on how to manage this and challenge your thoughts.

How do I access this?

Before you start a course, you will need an initial assessment appointment to see if this course is right for you. These assessments usually take around 30 minutes and they are completed over the phone.

To self-refer onto any of these courses please call **01905 760 837** or visit **www.hacw.nhs.uk/our-services/healthy-minds**

Living Well with a Long Term Condition

Diabetes

What is it?

Having a long term condition such as Diabetes can affect all areas of our life, not just our physical health. The Living Well with Diabetes course is based on Cognitive Behavioural Therapy (CBT). CBT looks at how our thoughts and behaviour affect the way we feel. Our aim is to give you the tools with which to manage your mood and condition, in order for you to feel happier, healthier and more in control of life.

Whether you have been diagnosed recently, or have been living with diabetes for a while, it can have a huge effect on day to day life. People sometimes struggle with:

- Remembering to take medication, such as insulin or metformin which manages the condition and prevents the condition worsening
- Attending regular appointments to keep a check on their health
- Not being as active as they once were
- Feeling panicky or anxious when they experience high or low blood sugar levels
- Difficulty sleeping

- Feeling tired and a lack of energy
- Eating healthily or maintaining a healthy weight
- Worry about their condition, or things getting worse
- Feeling low in mood, and “down in the dumps”
- Feeling frustrated and angry about how to manage their condition
- Feeling socially left out, or that people are judging them

What does the programme involve?

The Living Well with Diabetes course consists of six sessions. Each session lasts for two hours and they are delivered weekly. It is an educational course which is delivered in a group setting. There will be some group discussions, however, it is up to you how much or how little you choose to say in front of the group.

How do I access this?

Before you start a course, you will need an initial assessment appointment. These assessments usually take around 30 minutes and they are completed over the phone.

To self-refer onto any of these courses please call **01905 760 837** or visit **www.hacw.nhs.uk/our-services/healthy-minds**

www.hacw.nhs.uk/healthyminds

Living Well with a Long Term Condition

Respiratory

What is it?

Having a long term condition such as asthma or COPD can affect all areas of our life, not just our physical health. The Living Well with Respiratory Problems course is based on Cognitive Behavioural Therapy (CBT). CBT looks at how our thoughts and behaviour affect the way we feel. Our aim is to give you the tools with which to manage your mood and condition, in order for you to feel happier, healthier and more in control of life.

What does the programme involve?

The Living Well with Respiratory problems course consists of six sessions. Each session lasts for two hours and they are delivered weekly. It is an educational course which is delivered in a group setting. There will be some group discussions, however, it is up to you how much or how little you choose to say in front of the group.

How will this help me?

It is common for people living with COPD or other chronic respiratory problems to feel anxious or low in mood. Physical symptoms such as breathlessness, coughing and fatigue can add to feelings of stress, anxiety or depression. These feelings can lead to reduced activity levels which may worsen the condition.

Some people experience a lot of distress and panic when feeling breathless to the point where they may fear being left alone. Others experience a loss of hope or frustration about the condition or its impact on daily life tasks.

A lot of people do not speak to anyone about the emotional impact of living with a respiratory problem. Sometimes this is because they feel nothing can be done to help them or they may feel other people will not understand. Some people worry that others will judge them.

While the Pulmonary Rehabilitation Respiratory Teams are trained to help with a range of emotional difficulties, you can also have support from Healthy Minds. We will aim to help you improve your mood, reduce anxiety, worry less and gain more motivation.

How do I access this?

Before you start a course, you will need an initial assessment appointment. These assessments usually take around 30 minutes and they are completed over the phone. To self-refer onto any of these courses please call **01905 760 837** or visit **www.hacw.nhs.uk/our-services/healthy-minds**

Group Therapy

Acceptance and Commitment Therapy

What is it?

- **Acceptance** of unwanted thoughts, emotions, physical sensations
- **Commitment** to embark on new behaviours

The ACT group is a powerful psychotherapy based on cutting-edge research into how the human mind works. It has been clinically proven to be successful in a wide range of psychological problems. The unusual name of this therapy comes from one of its key themes: Learn how to accept those things that are out of your control and commit to changing those things that can be changed to make your life better.

What does the programme involve?

The Acceptance and Commitment Therapy (ACT) group runs for 10 weeks, two hour sessions per week. It is a very active therapy, in which you will learn new skills to improve your quality of life.

We have two basic aims in this therapy which are:

- To help you create a rich, full and meaningful life.
- To teach you a set of skills that will allow you to handle painful thoughts and feelings far more effectively, in such a way that they have much less impact and influence over you. We call these skills 'mindfulness skill'.

How will this help me?

ACT may be helpful to you if you are ready to:

- learn skills in managing difficult thoughts and feelings
- address 'stuck cycles' of anxiety and depression behaviour
- set behavioural goals in line with how you want life to be
- take a fresh look at who or what is important in your life

How do I access this?

Before you start a course, you will need an initial assessment appointment to see if this course is right for you. These assessments usually take around 50 minutes and they are completed over the phone.

To self-refer onto any of these courses please call **01905 760 837** or visit **www.hacw.nhs.uk/our-services/healthy-minds**

www.hacw.nhs.uk/healthyminds

Group Therapy

Overcoming Worry Group

What is it?

Do you:

- Worry a lot about different things in daily life?
- Believe worry helps you plan or do things better, or it is a sign you care?
- Have a lot of different 'What if thoughts ...?' about the future?
- Believe you were born a 'worrier'?
- Experience muscle tension – especially in your neck and shoulders?
- Have trouble sleeping?
- Feel restless, on edge, irritable, tired or exhausted easily?

It may be that you are experiencing Generalised Anxiety Disorder (GAD) or excessive worry. The recommended psychological treatment for GAD is Cognitive Behavioural Therapy (CBT). CBT in a group setting is beneficial because you will have the chance to meet other people with similar difficulties whilst learning how to better deal with the experiences listed above.

What does the programme involve?

The overcoming worry group involves CBT in a group setting. There are nine sessions, each session last two hours every week. You are required to engage with the group and share your experiences in order to gain the full benefit of the treatment. Everything discussed in the group is treated with strict confidentiality, this is agreed as a group and you would be expected to adhere to this agreement. There is an expectation that you will implement and practice the coping strategies between group sessions

How will this help me?

The Overcoming Worry group will help you to

- Improve your understanding of anxiety and worry.
- Learn new skills and techniques to manage your worry.
- Recognise what is a current worry and what is a hypothetical worry.
- Set goals in line with how you want life to be.
- Make changes to feel better.

How do I access this?

Before you start a course, you will need an initial assessment appointment to see if this course is right for you. These assessments usually take around 50 minutes and they are completed over the phone. To self-refer onto any of these courses please call **01905 760 837** or visit **www.hacw.nhs.uk/our-services/healthy-minds**

www.hacw.nhs.uk/healthyminds

Group Therapy

Mindfulness-Based Cognitive Therapy for Depression

What is it?

Mindfulness-Based Cognitive Therapy (MBCT) is a group programme that combines meditation and cognitive behaviour therapy in order to help people manage problems with recurrent depression and stress.

MBCT will help you if you:

- have experienced two or more episodes of low mood/ depression in the past.
- are motivated and able to commit to attending the group for two hours a week.
- are willing to undertaking 30 to 40 minutes of daily mindfulness practice.

What does the programme involve?

Mindfulness-Based Cognitive Therapy (MBCT) is an eight week group treatment, each session lasting two hours and they are delivered weekly. Mindfulness requires some degree of concentration and an ability to sit with unpleasant or distressing experiences without using unhelpful coping strategies such as drinking or self-harming. A realistic intention to undertake daily mindfulness practice is necessary to join the group.

How will this help me?

MBCT attempts to provide the necessary tools to combat depressive symptoms as they arise. When these skills have been learned, then you may be able to revert to these methods in times of distress or when faced with potentially overwhelming situations.

How do I access this?

Before you start a course, you will need an initial assessment appointment to see if this course is right for you. These assessments usually take around 50 minutes and they are completed over the phone.

To self-refer onto any of these courses please call **01905 760 837** or visit **www.hacw.nhs.uk/our-services/healthy-minds**

www.hacw.nhs.uk/healthyminds

Working with a...

Psychological Wellbeing Practitioner

What is a PWP?

Psychological Wellbeing Practitioners (PWPs) will work alongside you to use a proven approach called 'Guided Self-Help'. This includes setting realistic goals, looking at how you spend your time and how this can impact on your mood, learning new ways to solve difficult problems, and learning how to overcome and face fears. They can also help you learn ways to challenge and overcome negative thinking.

What does the programme involve?

PWPs can offer you up to 6 one to one sessions, each session will last up to 30 minutes. During these sessions we will ask you to complete some questions for us to monitor your progress.

How will this help me?

PWPs help people improve their mental wellbeing through a range of interventions such as short Psychological educational courses, online therapy programme; SilverCloud and guided self-help (one to one or telephone support). These have all been carefully designed to provide the right information and support you in learning the skills and techniques we know are proven to help combat stress, anxiety and depression.

PWPs can make sure you have the right information and helpful techniques in order to manage and overcome stress, anxiety and depression.

How do I access this?

To self-refer visit: **www.hacw.nhs.uk/our-services/healthy-minds**.

To ensure you access the right treatment the team will arrange an assessment screening appointment with you these usually take around 45 minutes and they are completed over the phone.

Working with a...

Cognitive Behavioural Therapist (CBT)

What is a CBT?

CBT Therapists will help you to understand and recognise unhelpful thoughts and behaviours which negatively impact on your mood and emotions. These unhelpful thoughts and behaviours are often responsible for helping to maintain Depression or Anxiety. CBT therapists aim to support you to make positive changes and they are skilled in helping you to plan how to tackle and overcome barriers to recovery; as well as helping you to formulate your own relapse prevention plans when treatment is complete.

How do I access this?

To self-refer visit: **www.hacw.nhs.uk/our-services/healthy-minds**.

To ensure you access the right treatment the team will arrange an assessment screening appointment with you these usually take around 45 minutes and they are completed over the phone.

Working with a...

Counsellor

What is counselling?

Counselling is a form of talking therapy with a strong evidence-base for people experiencing depression. Depression can be caused by many different life events and situations, including grief and loss; relationship and interpersonal difficulties; low self-esteem; and difficulties in adjusting to changed circumstances.

Counselling provides a caring and confidential environment where you can talk about the difficulty you have in order to understand it more clearly or to make changes.

A Counsellor is trained to listen to you and help you deal with difficult thoughts and feelings you may have by trying to understand from your frame of reference.

Counselling will mainly focus on a particular goal or area that you would like to make sense of, or change; allowing you to reflect, validating feelings and experiences.

What does it involve?

In the first session, you will work with your Counsellor to form a clear understanding of your difficulty and the impact it is having on your everyday life, as well as setting overall aims for your work together. Before you start counselling it is helpful to think about the area that you would like to work on and any changes that you would like to make.

Counselling is generally for 6 sessions and each session lasts for 50 minutes. During these sessions we will ask you to complete some questionnaires for us to monitor your progress.

Due to the short term nature of the work Counsellors in the service are unable to work on childhood abuse; developmental issues; or complex mental health problems.

How do I access this?

To self-refer visit: **www.hacw.nhs.uk/our-services/healthy-minds**.

To ensure you access the right treatment the team will arrange an assessment screening appointment with you these usually take around 45 minutes and they are completed over the phone.