

# Press release

Working together for  
outstanding care

## Anti-depressant prescriptions in England double in a decade

Following an [article published this week](#), we learnt that prescriptions for antidepressant medication in England have doubled in the past decade, with almost 71 million items to treat conditions including depression and anxiety given out in 2018. On our journey to becoming the most mental health friendly county in England, we're championing the value of talking therapies and the impact they can have on a patient's mental wellbeing.

Since the launch of [Now We're Talking](#); a campaign which promotes the benefits of talking therapies and self-help services for people living with low level mental health conditions, we have seen a significant increase in referral numbers, with March 2019 having the highest number of referrals since the service was commissioned.

Healthy Minds is a self-referral service which provides talking therapies, group educational sessions and self-help support to people living with lower level mental health difficulties such as low mood, anxiety and depression.

Talking therapies are psychological treatments for mental and emotional problems like stress, anxiety and depression. There are lots of different types of talking therapy, but they all involve working with a trained therapist or healthcare professional. This may be one-to-one, in a group, over the phone or online.

Talking therapies can be used as an alternative to, or alongside medication such as antidepressants to treat poor mental health, such therapies support you to identify the reasons behind the way you're feeling and equip you with skills to better handle those feelings.

If you would like to know more about talking therapies, there is lots of information available on the 'Now We're Talking' website and you can self-refer without visiting your GP here -

<http://www.hacw.nhs.uk/our-services/healthy-minds/>

**-ENDS-**

*Worcestershire Health and Care NHS Trust is the main provider of community, nursing, therapy and mental health services to people of all ages provided in a range of community venues including; community hospitals and recovery units, schools, community centres, outpatient clinics and in peoples' own homes.*