



Nottinghamshire  
Talking Therapies

# Nottingham and Nottinghamshire Talking Therapies



[www.notts-talk.co.uk](http://www.notts-talk.co.uk)

Services  
provided by



# Talking Therapies

- Nottinghamshire Talking Therapies began life as IAPT and as of 2023 IAPT services were renamed NHS Talking Therapies following a national consultation process.
- Nottinghamshire Talking Therapies is one service delivered by two providers.

Vita Health Group – a leading healthcare provider delivering physical and mental well-being services across the UK

Everyturn Mental Health – a mental health charity based in the North East that is commissioned to provide talking therapies in various areas of the UK.

- Nottinghamshire Talking Therapies is a free and confidential NHS treatment service designed to help with common mental health problems such as Depression and Anxiety disorders.

# Referral Criteria

- People aged 18 and above – referrals will be accepted for individuals 6 weeks prior to their 18<sup>th</sup> birthday
- Registered with a general practice in Nottinghamshire
- Experiencing ***mild to moderate/severe*** symptoms of common mental health disorders
- Clients may also have a physical illness that is impacting their mental health



# Suitability criteria

| What can we help with?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Issues that may need addressing before consideration of service                                                                                                                                                                                                                                                              |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Depression</li> <li>• Generalised anxiety disorder (GAD)</li> <li>• Health anxiety</li> <li>• Obsessive compulsive disorder (OCD)</li> <li>• Social anxiety</li> <li>• Specific phobia</li> <li>• Panic (with or without agoraphobia)</li> <li>• PTSD including complex PTSD (where clinically appropriate)</li> <li>• Struggling to cope with daily life</li> <li>• Adjustment disorder</li> <li>• Depression or anxiety with co-morbid physical health problems or medically unexplained symptoms</li> </ul> | <ul style="list-style-type: none"> <li>• Homelessness</li> <li>• Benefits crisis</li> <li>• Loneliness</li> <li>• Domestic abuse</li> <li>• Child or adult safeguarding</li> <li>• Unstable alcohol or substance misuse impacting on wellbeing and functioning</li> <li>• Suicidal thoughts/risk taking behaviour</li> </ul> |

# Suitability criteria cont'd

## Not suitable for service

- Client on the waiting list or engaging with step 4 or other therapy service.
- Drug and alcohol dependency as a primary presenting problem (Notts recovery network/CGL)
- Patients who pose a high risk to themselves or others, at crisis due to psychosis, those with a pre-existing diagnoses of acute mental illnesses and dementia crisis, where this is the primary presenting problem (high risk refers to patient's acutely unwell requiring secondary mental health services)
- Individuals presenting with severe dysregulation and unable to manage their emotions
- Bipolar disorder where there is a rapid instability of mood and medication has not been established
- Personality disorders - presentation is not stable or medicated.
- Eating disorders (BEAT – eating disorder charity)
- Sexual dysfunction or gender transition – if the primary presenting problem
- Under 18 (Base51/BeUNotts)

# What therapies do we offer – step 2

**All step 2 therapies are delivered** by Psychological Wellbeing Practitioners (PWPs) who are trained to assess and support people with common mental health problems. Treatments are based on the principles of cognitive behavioural therapy (CBT) in the form of guided self-help. This is offered in a variety of formats including:

**Webinars** – informal sessions that provide advice and guidance on copings strategies. These are not group sessions where participants share personal experiences, more an opportunity to listen and contribute through comments or questions in our user-friendly chat box. Our webinars cover:

- Managing low mood
- Worry management
- Managing anxiety with an autism diagnosis
- Staying well with a health condition

**Digital CBT** – delivered online via Silvercloud which offers a confidential treatment allowing users to work at their own pace with modules available for use 24/7. Regular reviews with a PWP who will check progress.

**Individual guided self-help** — PWP's will work with patients remotely or in some cases face to face for usually around 6 weeks, working with them on specific issues they may be facing such as anxiety, low mood and panic.

# What therapies do we offer – step 3

**Cognitive Behavioural Therapy-** CBT is an evidence based ‘talking therapy’ that uses a range of techniques to support clients develop coping strategies for their mental health problem.

**Counselling for Depression** - aimed at helping clients talk through and make sense of their current difficulties to process their emotions and experiences.

**Interpersonal Therapy-** helps with symptoms of depression and aims to improve interpersonal functioning and social support.

**Eye Movement Desensitisation and Reprocessing (EMDR)** works using bilateral stimulation to help people heal from the symptoms and emotional distress related to traumatic life events

**Couples Counselling for depression** - a therapist works with a couple to identify the specific ways in which depression is affecting their relationship and helps them develop strategies to manage the symptoms of depression and improve their relationship satisfaction.

**Mindfulness based CBT (MBCT)** - is designed to reduce symptoms of depression and reduce the chance of relapse or recurrent episodes of depression. It uses mindfulness meditation and cognitive therapy.

**Mindfulness for health (MfH)** - is designed for those with a long-term health condition which is impacting on their mood specifically including conditions with chronic pain and/or fatigue

## • Employment Advice Service

Our employment service is available to any of our clients and will help with the following:

- Unemployment/ looking for a new role/ change of role
- Issues at work – such as unfair treatment, discrimination or bullying
- Redundancy
- Careers advice / support with career change
- Getting the right support at work
- Finding voluntary roles

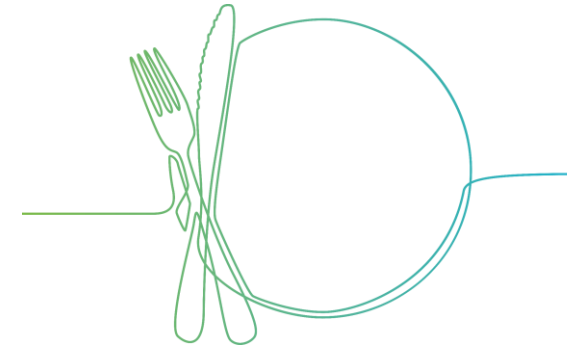
And much more....

## • What do our EAs offer?

- Careers advice
- Job search support and notification of vacancies
- Help with CV's and covering letters
- Support with job applications and interview skills training
- Advice about education courses and training opportunities
- Information on voluntary work
- Advice and support around employment issues such as unfair employment practices
- Advice regarding mental health support in the workplace
- Signposting to other agencies, e.g. ACAS or Citizens Advice

# Healthy Living Healthy Minds

- A <12 week lifestyle course for people who would benefit from improving their physical activity levels and diet to improve their mental health
- We can also support with goal setting on relaxation time, sleep hygiene, social connection, nature, and weight management
- HLHM involves:
  - Attending 1-1 sessions with a Health & Wellbeing Coach to set goals and address barriers to healthier living.
  - Optional educational webinars
  - Free online and face to face exercise classes
- Service users can complete HLHM whilst on the waiting list, or alongside therapy.



# FAQ'S

**‘If the service isn’t right for someone, do you signpost them?’**

Yes, we work closely with partner organisations and community groups to ensure people are signposted to the right service.

**‘Can people only access the service once?’**

People can access the service as many times as they need to, all we ask is there is a 3-month consolidation period from the last treatment to the next referral.

**‘What if someone doesn’t attend their appointment?’**

We allow 2 missed appointments if people do not inform us, we will try to contact them. If they do not respond they will have to re-refer. People just need to inform us if they are not able to attend a session and we can re-arrange it for them. This wouldn’t then be classed as a DNA.

**‘Is contact made with the patient while on the WL contact while on a WL?’**

While we do not offer check in calls, we do have several initiatives to help support the patient. All patients will be sent our waiting well leaflet (offering tips and advice) plus access to general resources and pre-recorded webinars can be found on our website. Individuals can be provided with access to the online program SilverCloud and we also have a new initiative coming in March 24 – Health Living Healthy Minds.

**Do you have access to the patient’s medical history?**

We have our own patient record system called IAPTUS however we do not have access to past medical notes/history through SystemOne or Rio.

# Couples Therapy for Depression

- This can help people with their relationship and the emotional difficulties that can sometimes arise when there are problems between partners
- This is focused on people experiencing depression. Typical symptoms are:-
  - loss of interest and enjoyment in ordinary things
  - feeling tired, tearful and irritable
  - wanting to be alone
  - loss of interest in sex
  - not being able to sleep
  - loss of appetite
  - not being able to concentrate

These symptoms often come with feelings of guilt, worthlessness and low self-esteem, along with loss of confidence and feelings of helplessness. It is estimated that about 2.6% of adults in the U.K. suffer from depression and 11.4% suffer from a mixture of anxiety and depression.

- Couples therapy for depression aims to help couples understand the ways in which difficulties in their relationship can contribute to depression in one (or sometimes both) partners. Often couples find it hard to talk openly and honestly with each other. Meeting with a couple therapist can open the way to better communication, and this seems to be a key part of improving relationships.
- It aims to improve relationships by helping couples to identify and then work together on the things that create unhappiness, helping both you and your partner move on from stuck and even hostile patterns of relating.

Couples therapy can help couples to:-

- communicate more openly and clearly
- be more aware of their partner's needs
- become less stuck – for example, repeating patterns in their relationships
- have a greater understanding of their partner and themselves
- manage feelings of anxiety and stress which arise from the challenges of their relationship and family life
- come to terms with life changes which might have triggered depression, such as becoming parents or losing a loved one.

The therapy will help you and your partner explore and understand more about your difficulties, working together with a therapist, you will open up the issues that seem to troubling you and your partner.

The therapy offered for the couples takes place over a 50 minute weekly session for up to 20 weeks.

# Menopause and Mental Health

**How NHS Talking Therapies Can Help:** NHS Talking Therapies offers a range of evidence-based interventions and support services to help women experiencing mental health issues related to the menopause. Our team of skilled and compassionate therapists specialises in providing support tailored to your unique needs.

Here's how our service can benefit you:

**Free, Confidential Support:** Our services are free at the point of use, ensuring that cost is not a barrier to accessing mental health support. We prioritise your privacy and maintain strict confidentiality to create a safe and trusting environment.

**Specialised Menopause Pathway:** We have developed a dedicated menopause pathway within our services to address the specific emotional and psychological challenges associated with the menopausal transition. Our therapists have received specialised training to provide effective support for your mental well-being. A specific webinar is also being created.

**Evidence-Based Interventions:** Our therapists employ evidence-based therapeutic approaches proven to be effective in managing mental health issues related to menopause. These may include cognitive-behavioural therapy (CBT), mindfulness techniques, psychoeducation, and self-help resources.

**Useful links include - NHS Choices, Women's health Concern, The Menopause Exchange, The British Menopause Society, The Daisy Network and Menopause Matters.**



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## Contact us



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