

How do I get help?

Simply call our self-referral telephone helpline to make an appointment. One of our therapists will answer any questions you may have, and can discuss your problem with you over the phone in a sensitive and caring manner. Your GP can also refer you to the North Staffordshire Wellbeing Service.

Appointments can be offered in your GP practice, local health clinics, over the phone, or home visits can be arranged if necessary. Evening appointments are available.

Self referral helpline:

01782 711651

www.northstaffswellbeing.co.uk



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Not sure about a formal appointment?

Why not use the self-help resources on our website?



Visit: www.northstaffswellbeing.co.uk

To access self-help booklets on:

- Anxiety
- Obsessions & Compulsions
- Anger
- Panic
- Alcohol
- Post Traumatic Stress
- Bereavement
- Post Natal Depression
- Depression
- Social Anxiety
- Domestic Violence
- Sleeping Problems
- Eating Disorders
- Health Anxiety

North Staffordshire
Wellbeing Service

NHS

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**Everyone needs help
to feel better sometimes**

01782 711651

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Who are we?

The North Staffordshire Wellbeing Service is a team of NHS experts that are attached to your GP Practice. We specialise in treating the kinds of common problems that affect all of us at some time. The therapies we provide are evidence-based NHS treatments.

Our Therapists work in your GP Practice, and can offer appointments there, or in one of our clinics in Newcastle-under-Lyme or Leek.

Our aim is to make effective treatment as convenient as possible for you to fit into your life.

What problems can we treat?

We offer treatment for common mental health problems, as well as physical health problems (as one usually affects the other), such as:

- Low Mood (depression)
- Post Traumatic Stress
- Worry and Anxiety
- Health Anxiety
- Panic
- Chronic Fatigue
- Social Anxiety
- Irritable Bowel Syndrome
- Phobias
- Chronic Pain
- Obsessions and Compulsions
- Sexual Problems

What do we provide?

At your first appointment, a therapist will work with you to reach a shared, detailed understanding of your problem. They will then explain the range of effective treatments that we offer, which include:

- Cognitive Behavioural Therapy
- Interpersonal Therapy
- Couples therapy
- Counselling
- Guided Self-Help

We also offer advice on:

- Improving Sleep
- Medication (side effects)
- Problem Solving (e.g. Employment, Financial, Housing, Relationships)



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