

If you cannot call us complete this slip and return it to our office address and one of our administrators will call you to arrange an initial appointment for you at a time of your choice within our opening hours.

Mr / Mrs / Miss / Ms Other

Name:

Address:

Contact number (essential):

Can we leave a message? Yes/No

Best time to contact you (we are open Mon-Fri 9-5pm):

Date of birth:

NHS no (if known):

Doctor's Name:

Surgery Name:

Tear here

HOW TO GET IN TOUCH

Call us on:

01952 457 415

Referral Line Opening times:

**Monday to Friday 9.15am – 4.30pm
(Excluding Bank Holidays)**

Our administrators will take your details and arrange an initial appointment for you on a date of your choice within our opening hours.

Email us:

wellbeing.telford@sssft.nhs.uk

Visit our webpage:

telfordwellbeingservice.sssft.nhs.uk

Self Help Leaflets available at:

www.sssft.nhs.uk/selfhelp

Or return the tear off slip to:
**Primary Care Wellbeing Service
Fuller House, Hall Court,
Hall Park Way, Telford TF3 4NF**

If you are thinking seriously about harming yourself or others please call your GP, NHS Direct on 111, or the following helpline:

Samaritans - 116 123
(open 24 hours)



Are you feeling
low or stressed?

Primary Care Wellbeing Service



01952 457415

Positively
Different

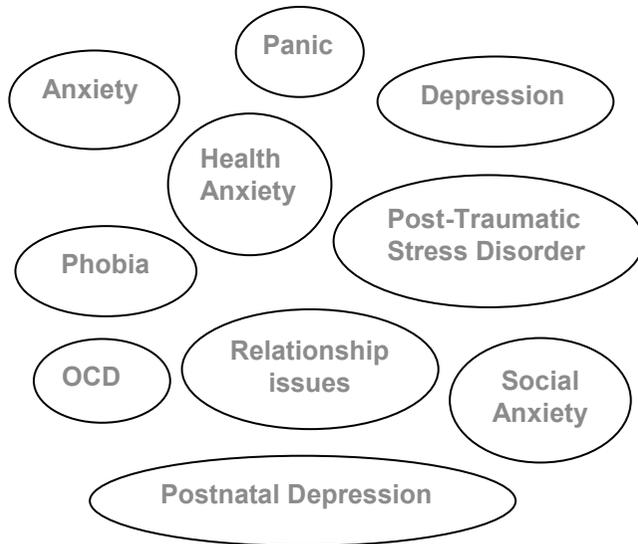


Who are we?

The Primary Care Wellbeing Service is a **free** NHS Service providing a range of recommended talking therapies for common mental health problems such as anxiety and depression. We offer information, guidance and talking therapies in a variety of different formats. We are made up of a range of specially trained **Mental Health Practitioners**

Who is our service for?

Anyone aged over 16 years old living in the Telford and Wrekin area who may be experiencing:



How We Can Help

The support on offer will focus on helping you move forward and will concentrate on steps that you can take yourself to tackle your difficulties.

This can include many different options, from sign-posting to other agencies, to the support we offer directly, including wellbeing courses, one-to-one intervention, and online therapy.

How to self-refer

For a **FASTER** service, call to arrange an initial appointment with one of our Mental Health Practitioners, our contact details are on the back of this leaflet.

During the initial appointment the practitioner will discuss your difficulties with you and concentrate on ways in which we can support you to help yourself improve your wellbeing. During your call we will ask you some questions to try to understand how severe your difficulties are at the moment.

If you can not call us you can email us or return the tear off self referral slip to our office address and one of our administrators will call you to arrange the initial appointment.

Your first contact with the team is likely to be over the telephone with an administrator who will take some initial contact details and arrange an appointment for you with a **Mental Health Practitioner** who will talk to you about your current difficulties. During this appointment the available treatment options will be discussed and the next steps agreed.

Personal Information

All personal information provided to the Trust is treated confidentially. There are, however, some important times when we will need to share information with others in order to optimise your care. It is the responsibility of all health professionals to share some information with your GP and possibly other health care professionals. This is particularly important if there is information which would help to prevent you from harming yourself or someone else.

All information is treated confidentially and the Mental Health Practitioner will check anything with you which they think would be useful to share with other staff.

Tear here

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