



## Sheffield Talking Therapies



for anxiety and depression

**Stressed?**

**Worried?**

**Feeling  
down?**

## We are here to help

**Sheffield Talking Therapies offers a  
range of treatments to help  
improve how you feel.**

**For more information or to book an assessment:**



**SheffieldTalkingTherapies.nhs.uk**



**0114 226 4380**

# Introduction

Welcome to the Sheffield NHS Talking Therapies for anxiety and depression. We offer a range of free NHS talking therapies for stress, anxiety and depression to anyone aged 18 or over who lives in Sheffield or is under the care of a Sheffield based consultant.

We can help you access the support that is right for you with a range of one-to-one therapies, courses and online programmes. Our team of Psychological Wellbeing Practitioners, Cognitive Behavioural Psychotherapists and Counsellors can offer a range of interventions depending on your individual circumstances.

Our Health & Wellbeing team also offers support for stress, anxiety and low mood for people living with the following long-term conditions (LTCs):

Asthma	Health anxiety
Beyond cancer (following successful treatment)	Heart conditions
Chronic pain	IBS
COPD	Long covid
Diabetes	ME/CFS
Fatigue	Skin conditions
	Tinnitus

Every year we help thousands of people feel better and do more of what matters to them in their lives.

# How do I get help?

We know how difficult it can be to ask for help if you are struggling. If you've made it this far, you have already taken a really important first step to making changes.

So if you are feeling down, stressed, anxious, are worrying more than usual or have stopped enjoying things you used to, we are here to help.

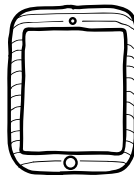
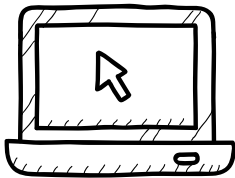
You can refer yourself to NHS Talking Therapies for Anxiety and Depression without the need to speak with your GP. Fill in our simple referral form online or call us.

Once we have received your referral, we will be in contact to arrange a telephone assessment with a Psychological Wellbeing Practitioner, where we will ask you about how you are feeling and decide together the right support for you.

## Self help

We understand that it's not always easy to talk about the things that are troubling us, so if you're not ready to talk to us, there are lots of self-help resources that you may find useful on our website.

The guides are available as leaflets or in audiobook format and cover a range of feelings.



Find them online:

[SheffieldTalkingTherapies.nhs.uk](https://SheffieldTalkingTherapies.nhs.uk)

or scan the QR code




## Courses we offer

We provide a range of courses to learn proven techniques to help you manage stress, low mood, anxiety or worry.

We also offer a number of courses to help improve your wellbeing if you are living with one of the long-term conditions that we work with.

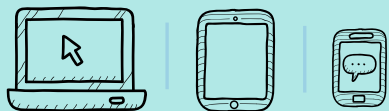
 **SheffieldTalkingTherapies.nhs.uk**

 **0114 226 4380**

To access any of our courses all you need to do is fill in our online referral form or call us

Once you have completed your referral you will be offered a telephone assessment with one of our Psychological Wellbeing Practitioners

# Online support



We know that going to courses or one-to-one therapy is not for everyone, so you have more choice in how you access support.

Silvercloud is an online platform that offers you secure access to flexible programmes to teach you techniques to overcome stress, low mood, anxiety or worry.

You can access Silvercloud anytime, anywhere on your computer, tablet or phone.

Silvercloud is based on cognitive behaviour therapy - an effective way to learn about thoughts, feelings, behaviours and how they influence each other.

Find them online:

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or scan the QR code



## Employment advice

For many of us, work is a huge part of our lives and it's where we spend a large majority of our time.

When you aren't feeling at your best and are worried, stressed or anxious, it's understandable that it can have an impact on your work.

Our Employment Advisors can offer you free confidential advice and support to help you stay in work, or return to work after a break.



➤ [Sheffielddtalkingtherapies.nhs.uk](https://sheffielddtalkingtherapies.nhs.uk)

☎ 0114 226 4380

"I found all of it useful, lots of information and techniques to try out and it was helpful hearing other people's symptoms"

"The whole course has helped - I am going through a particularly stressful time and it could not have been better placed"

## How can I access help urgently?

- ☎ Contact your GP, NHS Direct on 111 or the Sheffield 24/7 mental health helpline on 0808 8010440
- ☎ Call the free and confidential listening service Samaritans 24/7 on 116 123. They are available for anyone feeling distressed
- ☎ In an emergency dial 999 or go to A&E at the Northern General Hospital