

## Not sure?

If you're not yet sure if you want to get in touch and need more information in helping you make a decision please visit our website at [TALKWORKS.dpt.nhs.uk](http://TALKWORKS.dpt.nhs.uk)

You can also take our Mood Quiz which can help you understand if how you're feeling is affecting your mental wellbeing.

If you're still unsure you may want to speak to your GP, before making direct contact with us.

## What happens after you get in touch?

We will contact you to offer you an initial appointment. We will talk to you about how you are feeling, any difficulties you are experiencing and options for therapy.

While you are waiting for your appointment you may find the resources on our website helpful.

**“AN EXCELLENT SERVICE! I HAVE BEEN GIVEN THE TOOLS TO TAKE ON LIFE!”**



@DPT\_TALKWORKS

If you require this leaflet in a different format or language please ask a member of our staff.

If you would like to provide feedback about our service please contact:

### Patient Advice and Liaison Service (PALS)

Devon Partnership NHS Trust  
Franklyn House  
Franklyn Drive  
Exeter, EX2 9HS

t: 01392 675 686

e: [dqn-tr:pals@nhs.net](mailto:dqn-tr:pals@nhs.net)

[TALKWORKS.dpt.nhs.uk](http://TALKWORKS.dpt.nhs.uk)



**TALKWORKS**  
IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

**WHEN YOU NEED TO GET YOUR LIFE BACK ON TRACK**

**0300 555 3344**

TALKWORKS is a free, confidential, talking therapy service helping you to feel better and giving you the tools and techniques to improve your mental wellbeing.

**TALKWORKS**

IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

674/05/19



## How are you feeling?

Is the way that you are feeling affecting your daily life? Are you struggling to cope, feeling low, worrying more than usual and finding it hard to get a good night's sleep?

Many of us feel like this from time to time, but when these feelings and thoughts become overwhelming, when you feel you have to hide how you are feeling and do not understand what is happening to you, it may be time to get help.

You may have tried to Google symptoms or trawled through websites for self-help information, but are still not sure what to do.

Don't worry, you're not alone. We can help you get your life back on track.

## We can help

We can offer you an initial appointment where we will listen to you and discuss your difficulties and your options for therapy.

We can offer you one-to-one appointments, either face-to-face or over the telephone, as well as the possibility of attending group workshops if they are more suitable for you.

We work with you using Cognitive Behavioural Therapy (CBT). This approach looks at how our thoughts, feelings and behaviours interact. It is a proven talking treatment for helping you to make changes to help you feel better. We can also offer you the option of doing our online CBT programme, Silvercloud if that is what you prefer.

We will work closely with you to review your progress regularly and agree next steps.



“NEED TO  
TALK?  
WE’RE  
HERE TO  
HELP.”

## Ready to take the next step?

If you feel ready to make changes, we can help you to manage things differently, get more out of life and feel more confident in the future.

Call:

**0300 555 3344**

Self-refer online:

**TALKWORKS.dpt.nhs.uk**

## Living with a long term health condition?

A long term physical health condition can affect all aspects of your life. You can struggle to manage the changes that a health condition requires of you or find it more difficult to cope with your usual daily activities.

At **TALKWORKS** our **Talking Health Team** can work with you to help you manage the emotional difficulties that often go hand in hand with experiencing a long term health condition.