

## You don't have to cope on your own

Things like stress, worries or depression can affect your life in different ways.

Here are just some of the things we can help with:

Depression

Worry, panic and anxiety

Obsessive compulsive behaviour

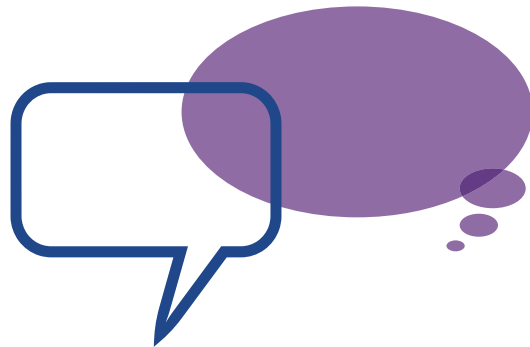
Phobias including spiders, flying or going outside

Severe shyness

Preoccupation and distress about your appearance

Difficulties coping after severe trauma

Relationship or family troubles



**020 3513 4455**

## Next steps

To find out how we can help you, call **0203 513 4455**, log onto our website and complete an **online self-referral form** or **speak to your GP**. We can often arrange treatment quickly so your first session could start soon after you get in touch. We can also provide our service in many of the main languages.

All too much right now?

Sometimes people who feel very low think they might hurt themselves or even end their lives. **If you feel this way, contact your GP** and they will be able to help. You can also **call The Samaritans on 116 123**.

Start talking

Start feeling better

**[richmondwellbeingsservice.nhs.uk](http://richmondwellbeingsservice.nhs.uk)**

NHS Richmond Talking Therapies and Specialist Support is provided by:



**NHS**

**Richmond Talking Therapies**



**Your guide to getting help for anxiety, stress and depression**

**[richmondwellbeingsservice.nhs.uk](http://richmondwellbeingsservice.nhs.uk)**

**020 3513 4455**

## NHS Richmond Talking Therapies is a free and confidential NHS service designed to help you feel better about yourself.

The service provides a number of different talking therapies as well as psychiatric consultation and support. These can help you improve your mood, reduce stress and help you with job worries. These treatments are sometimes called talking therapies.

It's easy  
to get started  
and it's free

**The NHS service is completely free and confidential.** It's available to any adult who is registered with a Richmond GP.

You can sign up for treatment yourself. Just call **0203 513 4455** to speak to one of our team. Alternatively log onto our website and complete an online self-referral form.

Or you can ask your doctor to organise an appointment for you.

## Find the right treatment

We offer many different types of treatment and we can help find the right one for you.

These therapies include:

- Online therapy
- Self-management courses
- Computer based cognitive behavioural therapy
- Individual guided self-help
- Group therapeutic courses
- Couple therapy
- Other evidence based talking therapies

Many of our therapies teach you long-term management strategies for your anxiety and depression.

The service also has a team that offers expert mental health assessment and medication reviews.

About one in four of us will experience depression, stress or anxiety. Our services are here to help.

## When can we help

If some of these describe the way you feel, get in touch:

- **Do you** feel down, sad or depressed?
- **Do you** find yourself worrying a lot?
- **Do you** feel very anxious in social situations?
- **Do you** feel preoccupied and distressed about your appearance?
- **Do you** experience panic attacks?
- **Do you** avoid things in a way that interferes with your life?
- **Do you** find yourself worrying about your health?
- **Do you** experience difficulties managing stress in your life?
- **Do you** have difficulties in relationships with your partner or family?

