

About us

We are a free NHS service offering psychological therapies to adults aged 16 and over who are registered with a Liverpool GP who are feeling depressed or anxious.

Our range of treatment programmes are designed to give you the right information and to help you develop the skills you need to overcome your problems. We have a range of options on offer, including short courses which run regularly in locations near you, or online help which you can use at home at your convenience.

We will book you in for an assessment with one of our trained therapists who will talk you through the different options we will be able to offer you.

How can Talk Liverpool help me?

We can all feel low, anxious or stressed at times but sometimes these problems get worse and start to affect our day to day lives.

Often people struggle without asking for help, hoping things will get better on their own. Sometimes they do but the things we try to cope with can, without us realising it, make things worse leading to a negative spiral of problems. Many people have found that with help from us, they can feel a lot better.

Talk Liverpool staff are trained to help you understand more about these difficulties and to help you find ways of tackling them.

The people we see have a variety of problems such as:

- anxiety or panic
- depression
- social anxieties
- obsessive compulsive disorder
- long term physical health conditions.

Helping yourself to feel better

To help you to tackle your problems, we can offer effective talking therapies to:

- Understand why you feel as you do
- Look at the links between your feelings, thoughts, symptoms and behaviour
- Find out what you would like to change
- Discover new ways of coping now and in the future.

Computer Based Cognitive Behavioural Therapy (cCBT)

An interactive computer programme has been specifically designed to help people who suffer from low mood. You can work through the computer programme at home at a time to fit around you. The programme is user friendly and confidential.

Courses

We offer a range of different courses at different times and venues throughout the city which last between one and a half to two hours. The courses are aimed to help you manage your mood and build your confidence.

Sign posting – we can offer you information about a wide range of organisations and services that can offer additional help.

How to get help

If you think you might find this service useful you can access it through:

- **Phone** – call one of our team on 0151 228 2300 who will be able to book you in for a first assessment
- **Online** – complete a self referral on our website and one of our team will contact you to book you in for a first assessment visit talkliverpool.nhs.uk for more info
- **Speaking to your GP** or any other health care professional who can refer you.



Friendly and open attitude of staff

It's the best I've felt in years

This service has been a great help to me and my family

I now have a fresh outlook on life

Help yourself to feel better

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How can I find out more?

You can self refer by completing the online referral form available on our website: talkliverpool.nhs.uk or call us on 0151 228 2300.

Your physical health care specialist can also refer you by using the Trusted Partner referral form available online.

Privacy and confidentiality

We believe in respecting and maintaining your confidentiality. Information about your contact with us will be stored in a secure database and may involve some professional contact between us and your GP.

Our patients matter

Mersey Care NHS Foundation Trust listens and responds to patients and their carers to help improve the services we deliver.

If you have any comments, compliments or concerns you can speak with a member of staff or contact our Patient Advice and Liaison Service (PALS) and Complaints Team
Telephone: 0151 471 2377
Freephone: 0800 328 2941
Email: palsandcomplaints@merseycare.nhs.uk

To request the leaflet in an alternative format or language please contact the Equality and Diversity Team.

Telephone: 0151 472 7458
Email: equality2@merseycare.nhs.uk



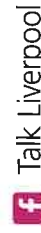
Unable to relax?

Feeling stressed?

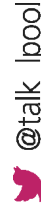
Feeling low?

Talk Liverpool

working together to look after your mental wellbeing.



Talk Liverpool



@talk_lpool

0151 228 2300

talkliverpool.nhs.uk

