NHS Somerset Talking Therapies for depression and anxiety

Our Service





This is what we will try to do, to support you.

email	We will be kind to you. We are here to help you. When you contact us, we will try to answer you quickly. If we phone you, it could be from a number you do not know.
verbigerative mendacious brokerage quotient serpiginous	If we use hard words, we will say what they mean. We want you to understand everything.
	We will keep your information safe. If we think you or others may be at risk of harm, we will need to share this information.
Since the second s	We will speak with you and decide whether we can help you or whether another service would be better.

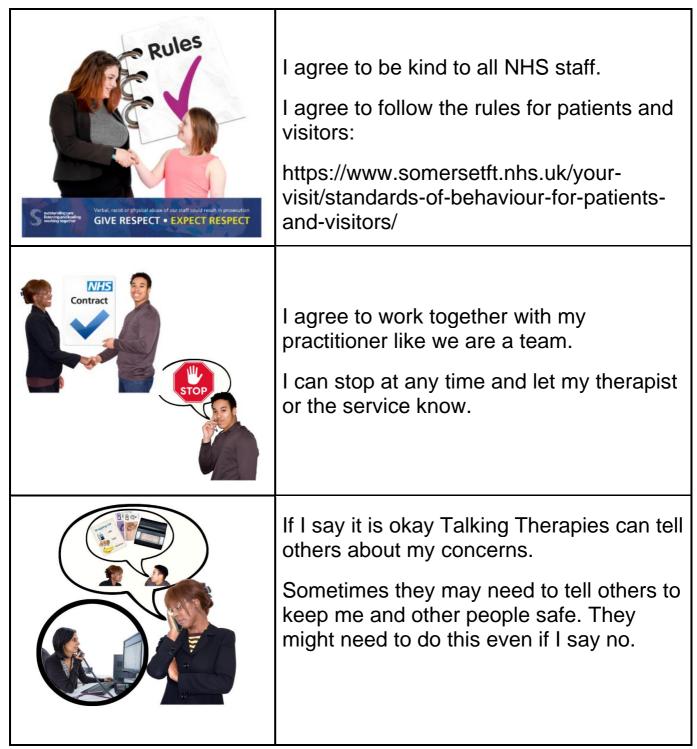
Easy read Advice for patients ©Somerset NHS Foundation Trust

	We offer goal focussed treatments for depression and anxiety only.
April 2 3 4 5 0 7 2 1 4 5 0 7 2 1 4 5 0 7 2 1 7 10 11 12 13 0 21 2 1 2 2 20 2 1 2 2 20	We are a short-term therapy service. When we talk to you, we will decide how many sessions you will have together. Up to 5 sessions in Guided Self Help Around 8 sessions in High Intensity Therapy
Training Room	We will not do anything we are not trained to do.
What do you think? Do you think the idea is a good one? Yes Yes Not sure No No	We will ask for feedback from you to try to improve our service.

What we ask of you



"We understand that getting help is hard. Please do the following things so that we can support you."



Short Term Plan	I understand that this service is short term. I might need to look elsewhere for other support when it ends.
	I may receive a text message with a link to book my own appointment. If I do not use this link or contact the service directly within 1 week, I will be discharged. I can ask my carer to support me to do this.
	I agree to attend my appointments on time. If I miss an appointment and don't tell Talking Therapies, they will think I don't need help anymore. They will discharge me.
	I will tell my therapist if there are any problems that stop me from focusing on my therapy.

24 hours	If I need to cancel an appointment, I must tell Talking Therapies. I should call them at least 24 hours before. If I do not, I might lose that session.
	Therapy can be hard. It might make me feel worse before I feel better.
e-mail Control of the second	If I am unhappy with Talking Therapies I can tell my therapist OR I can contact the Patient Advice & Liaison Service (PALS) on 01823 343536, or email: <u>pals@somersetft.nhs.uk</u> or by writing to FREEPOST RSXK-USUL- SUHY

I agree to follow these requests during my treatment.