

Other helpful services



SAMARITANS

Samaritans volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do.

116 123 —24 hours (free)
www.samaritans.org

MENTAL HEALTH CRISIS HELPLINE

Speak to someone trained to help manage your distress and keep you safe.

Available 24 hours every day.

0800 915 4644

If they are engaged, leave a message and they will phone you within 30 minutes.

For a call back, text: **07717989024**



[Facebook.com/talkplusiapt](https://www.facebook.com/talkplusiapt)



[Twitter.com/TalkPlusNHS](https://twitter.com/TalkPlusNHS)

01252 533 355
nehccg.talkplus@nhs.net
www.talkplus.org.uk



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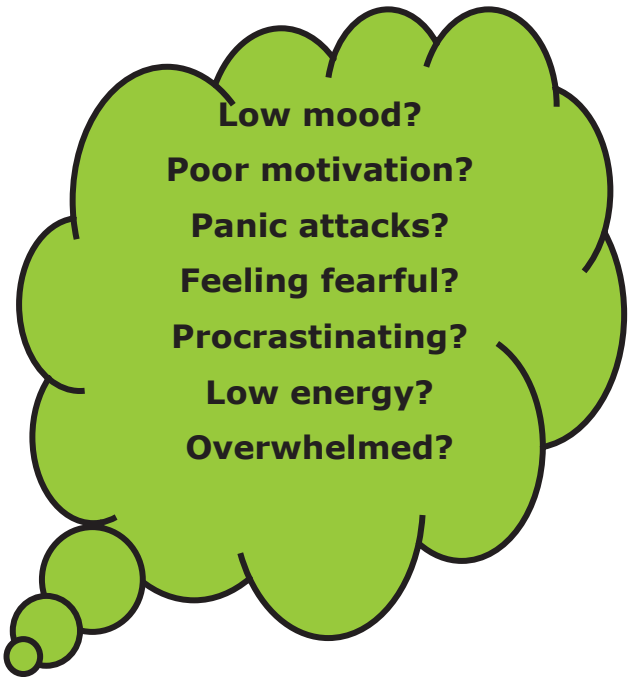


Your Mental Health Matters

Are you experiencing:

**Stress?
Anxiety?
Panic Attacks?
Low Mood?**

Friendly . Effective . Free



**Low mood?
Poor motivation?
Panic attacks?
Feeling fearful?
Procrastinating?
Low energy?
Overwhelmed?**

**These are all
common feelings to have!**

TalkPlus are a team of therapists who are friendly and approachable, and there to support you.

We offer quick and easy access to approved therapies such as Cognitive Behavioural Therapy (CBT).

CBT can help you to learn and develop skills and techniques to manage the symptoms of these difficulties.

How to access our service

To refer to our service:

**Call: 01252 533355
or
Go online: www.talkplus.org.uk
or
Visit your GP**



We will take your details and arrange a brief telephone assessment with one of our therapists



We will call you at a prearranged time to discuss the types of support our service offers and agree on the next step



If TalkPlus is the most appropriate service for you, you will be offered a treatment plan which could include one of the options on the next page

How can we help?

There are a variety of ways in which we can help, these might include;

- Cognitive Behavioural Therapy
- Guided Self-help
- Telephone Support
- Email Support
- One to one Support
- Signposting to local services

We encourage referrals from older adults and minority ethnic groups. An interpreting service can be arranged for appointments.

Who can TalkPlus help?

Anybody aged 16 and above who is registered with a GP in Hart, Rushmoor or Farnham.

If you are unsure if your GP practice is in one of the above areas call us and we can direct you to the right service.